CONNECTICUT HOSPITAL FOR THE INSANE

1868-1893

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TO THE MEMORY

OF

DR. JOSEPH W. ALSOP;

ALSO TO THE

TRUSTEES AND LOCAL TRUSTEES,

OF THE

Connecticut Hospital for Insane,

1868.

THIS REPRINT OF ONE QUARTER OF A CENTURY IS PRESENTED BY THE FIRST TRUSTEE OF HARTFORD COUNTY.

HARTFORD, CONN.:
PRESS OF THE CASE, LOCKWOOD & BRAINARD COMPANY.
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TRUSTEES AND LOCAL TRUSTEES

OF THE

CONNECTICUT HOSPITAL FOR INSANE, 1868.

JAMES E. ENGLISH, ...	New Haven,
H. SIDNEY HAYDEN, ...	Hartford County,
R. S. FELLOWES, ...	New Haven County,
B. W. TOMPKINS, ...	New London County,
CURTIS T. WOODRUFF, ...	Fairfield County,
S. G. WILLARD, ...	Windham County,
ROBBINS BATTELL, ...	Litchfield County,
WM. B. CASEY, ...	Middlesex County,
LEVERETT E. PEASE, ...	Tolland County,
BENJ. DOUGLAS, ...	Middletown,
JULIUS HOTCHKISS, ...	Middletown,
JOSEPH CUMMINGS, ...	Middletown.

*** At the time the Charter was granted, attention was directed to certain buildings for the Hospital.

It is but just to myself to acknowledge my great obligation to that noble woman, Dorothea Lynde Dix, of world-wide fame, who, from the first to the close of her useful life was a friend to the Hospital.

At my request we visited the Institute building in East Windsor, as parties in interest desired the State should purchase them; in reply to my question she said, "As you become acquainted with the work in hand you will learn there are no buildings for educational purposes suitable for the care of the insane; the brick alone are valuable."

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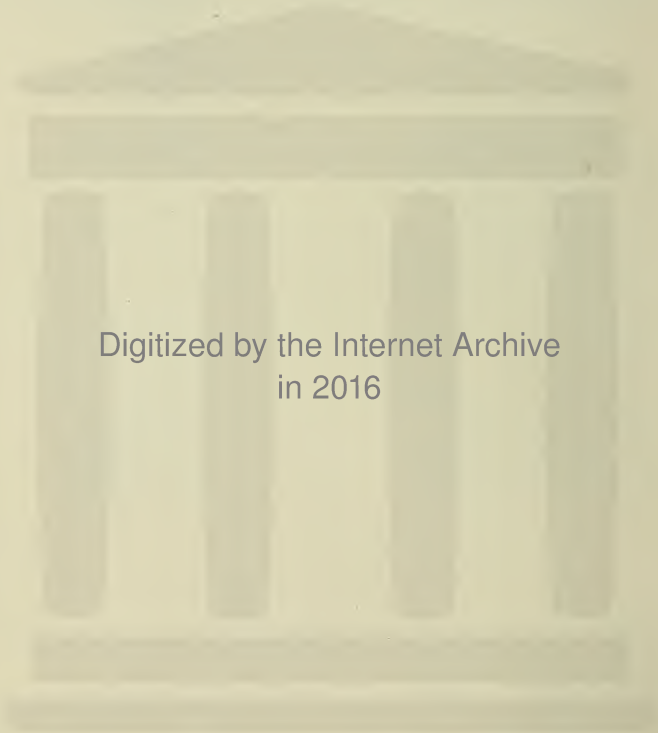

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REPORT.

General Assembly,
May Session, 1866.

The Joint Select Committee appointed at the May Session of the General Assembly, A.D. 1865, "to inquire into the expediency and practicability of providing an asylum separate from the Retreat in Hartford, and suited to the condition of the insane, whether residing at said Retreat or elsewhere in this State, with leave to sit during the recess, and report to the next session of the General Assembly," respectfully ask leave to report:

That after the adjournment of the General Assembly at which they were appointed they issued circulars of inquiry which were sent to the selectmen of each and every of the towns of this State, replies to which were in due time received, and the same are herewith presented to be filed with this report for reference, should such reference be desired.

From these replies the committee present the following summary, which they believe is substantially correct:

On the 1st of April, A.D. 1866, there were in the Retreat at Hartford, receiving aid from the State appropriations, one hundred and forty-seven (147) persons.

In the Retreat, from Connecticut, supported as private patients, there were fifty-five (55). There were in the poor-houses or otherwise wholly or in part supported by the towns (as per returns of committee's circular) two hundred and four (204) persons.

It is estimated by Dr. Butler and others well acquainted with the subject (although the committee are not in possession of the facts which establish the soundness of that opinion)

that there are in the State beside those above enumerated, outside of the Retreat and poor-houses, as many as three hundred (300) insane persons.

Upon recapitulation, the number stands thus:

In Retreat, with State aid,	147
In Retreat, without aid,	55
In towns supported or aided,	204
All others,	300
Whole number of insane in the State,	706

The whole number of patients in the Retreat at Hartford on the 1st of April, A.D. 1866, were two hundred and forty-five (245). Even this number crowds the wards or halls of that institution to such an extent that the comfort of the patients is disturbed, and their recovery delayed.

For several years since 1859 the Superintendent of the Retreat has represented the institution as being crowded, and has deplored the necessity which compelled him to refuse numerous applications, and to send away chronic to make room for recent cases of insanity.

The committee are aware that the joint resolution under which they were appointed contemplates provision only for those denominated "incurable insane"; but while it is undeniable that cases of incurable insanity are found, it is not assumed by the committee that all chronic cases are incurable.

The committee believe that the confinement of a large number of persons together, in close rooms, or in inclosures shut out from the beauties of the natural world in the more genial seasons of our climate, without employment of any kind, is calculated rather to intensify and increase any morbid tendency than to restore in such afflicted persons the normal condition of the faculties. A change of air, of scene, and of occupation is always prescribed by the intelligent physician for persons giving earliest evidence of morbid mental action, and it is reasonably presumed that if necessary in the first approach of derangement, it must be equally

essential in the treatment of chronic insanity, and during all the periods of restoration.

In the opinion of the committee, healthful and cheerful employment out of doors during the seasons when such occupations are appropriate, and pleasant labors in well-ordered and well-ventilated apartments during the colder portions of the year, would do much toward giving to the class of insane persons who are the subject of this inquiry that relief which all treatment is intended to secure for them.

While pursuing this inquiry the committee have become satisfied that there is actual necessity for some legislative action, which shall embrace in its scope the wants of our State, in providing not only for the indigent and chronic insane, but also for such persons more happily situated who, having abundant pecuniary means, are not able to secure within the limits of the State an asylum within whose walls they may find the restorative treatment which they require.

The advancing civilization of our times, in its culture and development of all humane enterprises, demands that Connecticut should take a step forward in her provision for all classes of unfortunate persons within her borders who need either restoration or reform.

It is certain that our beloved State, behind no other in patriotic devotion to the whole country, is yet behind several of her sister States in her provisions and appropriations for classes of her own citizens who are entitled to the sympathy and generous aid of all who are so highly favored as to escape the maladies and disabilities under which they languish and so miserably suffer.

With a population rapidly increasing in numbers, in wealth, and so devoted to acquisition in all the departments of industry, it must soon inevitably occur that the present temporary arrangement with a private and limited institution, already wholly inadequate to meet the wants of the State, will become altogether insufficient to provide for them.

A wise forecast, prompted by humane and charitable motives worthy of our citizens, and especially of our legislation,

would indicate the soundness of a policy which should make immediate and generous provision for the wants of the insane of our State, of all classes, in the erection of an institution upon the most improved plans, to be owned and controlled by the State, and to constitute one of the sources of its greatest honor, and most grateful mention.

Of the expediency and practicability of this course the committee have no doubt.

All of which is respectfully submitted.

SYLVESTER SMITH,
JOHN S. RICE,
F. J. KINGSBURY,
H. B. MUNSON.

ACT TO CREATE A HOSPITAL FOR THE INSANE IN THE STATE OF CONNECTICUT.

WHEREAS, The report of the Commission appointed by this Assembly in the year 1865 shows that there are seven hundred and six insane persons in the State of Connecticut, of whom two hundred and two are in the Retreat at Hartford; two hundred and four are in the almshouses, and three hundred outside of both; and whereas, it is impossible to secure suitable care and medical attention for this large and deeply afflicted class, either in the Retreat or in the almshouses, or in private houses; and whereas, considerations of humanity and of true economy, as well as public welfare and of our holy religion, all alike demand that these persons should liberally be provided for by the State; therefore,

Be it enacted by the Senate and House of Representatives in General Assembly convened:

SECTION 1. There shall be established and maintained, at some place in this State to be selected by a Board of Trustees as hereinafter provided, an institution to be named "The General Hospital for the Insane of the State of Connecticut."

SEC. 2. The government thereof shall be vested in a board of twelve trustees, consisting of the Governor, and one from each county, to be appointed by the Senate, and of three to be appointed by the other trustees, which three shall be selected from the town or vicinity in which the institution shall be located, two of whom shall be so appointed and commissioned annually; and the places of the two senior members, as they stand in the order of their appointment, shall be annually vacated; and no trustee shall receive any compensation for his services, but he shall be allowed the amount of

expenses incurred in the discharge of the duties of his office, which amount shall be examined and allowed by the Comptroller of Public Accounts, and paid from the treasury of the State.

Sec. 3. The trustees shall take charge of the general interests of the institution, ordain and execute its laws, appoint and remove its officers, select a suitable location and a plan for its building; shall exercise a strict supervision over all its expenditures, and discharge all other functions usually devolving upon such trustees; they shall have power to receive, by gift or purchase, a suitable farm, and receive a deed thereof, and the State Treasurer shall pay therefor, in case of purchase, on the warrant of the Comptroller.

Sec. 4. The Superintendent shall be appointed by the trustees at their first or some subsequent meeting. He shall be a competent physician, and reside in or near the institution. As soon as possible he shall procure the plan of a suitable building or buildings, which shall be approved and contracted for by the trustees; he shall personally superintend its erection and arrangements, and whenever one section of building shall be completed, he shall open the institution for patients upon such terms and conditions as said trustees shall prescribe, always giving preference to the most urgent cases, and to the people of this State. He shall be the Treasurer of the institution, keep full and accurate accounts of his receipts and expenditures, and of the property entrusted to him. All accounts, with suitable vouchers, shall be submitted to the trustees, as they shall require. He shall, before entering upon his duties, give a bond to the Treasurer of the State, with acceptable sureties in the sum of five thousand dollars, conditional that he shall faithfully account for all moneys and property received by him as Superintendent; but no trustee shall be Superintendent of the institution.

Sec. 5. The State Treasurer shall pay to the trustees, on the warrant of the Comptroller, such sums of money as they shall require for the location and the building of the hospital, not to exceed five thousand dollars at any one time, and the

expenditure of which shall be accounted for to the Comptroller, with the vouchers, before any other sum is advanced.

SEC. 6. The trustees shall hold their first meeting on the call of any three of their number, due notice being given to all.

SEC. 7. Thirty-five thousand dollars are hereby appropriated to carry into execution the provisions of this act.

SEC. 8. This act is to take effect immediately.

Approved, June 29, 1866.

REPORT OF TRUSTEES.

To the Honorable, the General Assembly of the State of Connecticut:

The Board of Trustees of "The General Hospital for the Insane of the State of Connecticut," appointed by your Honorable Body at their last session at New Haven, respectfully report:

That their first meeting was held in the city of Hartford in July last, His Excellency the Governor presiding; and that the important duties confided to them were entered upon with unanimity and zeal. They found a prevailing sentiment that the State of Connecticut was earnest in the determination to make "ample and suitable provision for its insane"—of which it is computed there are between four hundred and five hundred now needing the protection of the Hospital—and that the board would be justly held responsible for any needless delay in the accomplishment of this great object; indeed, the more that was learned of the insane in visits to various hospitals, and of the pressing necessity in this State for such a curative institution, and of the remedial benefits to be conferred by it upon the helpless class afflicted with the terrible malady of insanity, the more interested and pledged were your board to provide, at the earliest period, a hospital, which, in its BUILDINGS, should combine all the improvements for economy, comfort, and ventilation, which experience has successfully endorsed, and in the TREATMENT OF PATIENTS, all those excellent methods which modern science and Christian faithfulness in this peculiar work have developed, in order that the WHOLE, in its working, shall conduce, in the words of the preamble of act of appointment, to "the public welfare,"

the glory of "our Holy Religion";—and, it may be added, to the honor of the State of Connecticut.

Under this sense of responsibility to the benevolent intent of the General Assembly, your board felt the necessity of informing themselves individually of the needs in detail of institutions for the relief of insane, and visited personally several hospitals, thus bringing together many facts and the experience of well-known superintendents in other States, of direct value to their object.

After several meetings and discussions, and hearing the claims and liberal propositions of other places, the board formally and unanimously accepted a tract of land of about one hundred and fifty acres, which the town of Middletown offered gratuitously to the State for the purposes of the Hospital.

The location is about two miles southeasterly of the city of Middletown, is healthy, sufficiently elevated, easy of access by land and water (the depth of water of the river at end of dock is twelve to sixteen feet), commanding extended views of a beautiful region; and, what is of special mark, includes the absolute control of a small stream called "Butler's Creek," giving, by the estimates of engineers, an abundant water-head of seventy feet above the foundation of the proposed buildings, with a power adequate to all the uses of water within the walls, and sufficient for all mechanical and ornamental appliances, in shops and on the grounds, which it may be convenient or proper to establish.

In selecting the special site for the foundations of the buildings, it was found that the economical and best interests of the State and of the institution required a larger extent of level ground than existed on the land given by Middletown, and a purchase was subsequently made of about eighty acres, connecting directly across a narrow highway with the westerly line of the former tract.

Upon a plateau of this last-named land excavations were begun for foundations, and a permanent road to the highway constructed, under the direction of Dr. Abraham Marvin Shew,

the appointed Superintendent of the Hospital,—who, before entering upon his duties, gave the required bond and securities in accordance with the "act," and furnished a "plan" for the buildings, which was approved by the board. The particulars of the plan are given in the annexed report of the Superintendent.

The work on the grounds was interrupted by the cold in December, and resumed about the first of April.

The slackness of the demand for labor and stone, incident to winter, and the fact of a "natural bridge" of ice on the river, were availed of for cheaply hauling to the site several hundreds of tons of sand and stone to be ready for use in the spring; also for the construction of a wharf very near to the site. The town of Middletown has consented to pay nearly all of the cost of the wharf.

A decline in prices of materials during the winter led to the purchase of two hundred thousand brick, and to the making of favorable contracts, mentioned in another part of this report, for one million brick, five thousand perches of stone, five hundred thousand feet of Georgia pine, and other lumber, deliverable early in the spring, to be stacked for seasoning, and for one thousand or more barrels of lime.

A contract, also, was made for a dam and appurtenances, with minute specifications for details as to manner and form of construction, flowage of about three and one-half acres, thorough "grubbing," and for the providing and laying of necessary pipe to convey water to the buildings.

It is confidently expected by the board, and by competent engineers who have been consulted, that the new feature to be introduced at this institution, *viz.:* the economical service of water descending by gravity for use in the buildings, and for the motive power of the necessary machinery for ventilation and other purposes, instead of the costly service of steam, as in every other hospital in the country, will be of eminent success and of permanent economy, saving thereby not only the cost of erection and repairs of expensive machinery, but hundreds of tons of coal, annually, in fuel.

It will be evident that this use of water obviates the necessity of a steam engine with skilled attendants, of reservoirs in the upper stories of the buildings, which are often liable to leaks, causing injury to walls and furniture, and also of troublesome forcing pumps. The board do not believe that they overestimate the advantages of this provision of water. A deficient supply of water, and the difficulties frequently experienced with the machinery that raises it, are subjects of anxiety and complaint in many institutions. From these it may fairly be expected that your hospital will be free.

The appropriation of the last General Assembly for the supposed necessary expenditure until the next session was only $35,000 of the much larger sum which it was well known would be needed for the carrying out of their just and benevolent intentions for this institution.

To accomplish all that was deemed by your board indispensable to an early completion of a part of the hospital, and the early reception of patients, as well as to consult true economy in choosing a favorable time to obtain the materials requisite for the progress of the structure, it was determined unanimously to make contracts for brick, stone, lime, and lumber, with parties of good standing, who, in every case, accepted them "on the condition of waiting the action of the next General Assembly for payment, without interest"; a copy of the vote of the board to this effect was furnished to each. In thus having on hand materials, especially lumber, which requires time for seasoning, your board are convinced that the building will be ready for inmates several months before it could have been had they waited for the present session before making arrangements for supplies.

As the contractors have thus so willingly entered upon engagements, relying upon the faith of the State, it may not be considered other than respectful on the part of the board to call the attention of your Honorable Body to the need of early legislation in behalf of the institution.

In Dr. Shew, the Superintendent, the board are satisfied that a selection has been made of a competent, energetic,

Christian man, devoted to the duties of his position. He is of Connecticut origin, served over two years as Surgeon in the army of the United States, and in treatment of the insane in hospitals nearly three years, and had full testimonials for integrity, capacity, and experience. His experience too, derived from aiding in the erection of extensive additions to the New Jersey State Hospital for the Insane (for which the Legislature lately appropriated $100,000), made during the past year at Trenton, has been found of much value. Dr. Buttolph, Superintendent of the New Jersey institution, who, from character and the experience of many years, is an acknowledged authority in such matters, recommended Dr. Shew in the highest terms for the direction of your hospital. It is due to Dr. Buttolph, and it gives us pleasure to mention it, that he voluntarily came from Trenton to visit the site at Middletown, and gave the board important suggestions as to plans and the positions of buildings.

The board are greatly indebted to Miss Dix for her disinterested advice and labors, and for attendance, as requested, at several of the earlier meetings, and for the continued interest she has manifested in the progress of the hospital, with which her efforts in this State will be identified, as they justly are with similar institutions in so many of the other States of the Union.

The report of the Superintendent and Treasurer is herewith enclosed.

In conclusion, the Board of Trustees respectfully request,

First, — An appropriation of $100,000 for the needful expenditures of 1867–8.

By early action of the General Assembly, it is believed that the center building and two wings, over three hundred feet in length, to contain two hundred patients, may be opened during next year. The report of the Superintendent is referred to for the dimensions of the buildings, information as to plans, and reasons for work already in progress.

Second, — The passing of a bill to regulate admissions of patients.

A draft of a bill for admission, under such regulations and formalities as have been found of practical value in other States, and which Section 4 of the act makes it the duty of Trustees to provide, will be presented early in the session.

Third,—An amendment of that paragraph of Section 2, of the Hospital Bill, June 29, 1866, which reads:

"And the places of the two senior members, as they stand in the order, shall be annually vacated,"

by the addition of the following words:

"But this clause shall not take effect in the case of the two senior members first appointed, until one year after the completion of the Hospital and its being opened for patients."

It is a very strong conviction on the part of the Board, that it would be detrimental to the interests of the State, and of the Institution now begun, to dispense with the services of the "two senior members." The Trustees have spent much time and effort to fit themselves for the work in hand, and any change of the existing harmonious combination, before the building is occupied and yielding practical benefits, cannot but cause delay, as it would require much time for new members to acquaint themselves with the necessary details.

Fourth,—A repeal of those paragraphs of Section 4 which unite the duties of Treasurer and Superintendent, beginning, "He shall be Treasurer," . . . and ending, "property received by him as Superintendent."

The Trustees are of opinion that the detailed labors of Treasurer, with care of funds, accounts, and vouchers, can best be performed at small expense by some person not connected with the Hospital, and who shall reside in the city of Middletown. The separation of the two offices is recommended, and is the practice in other States. It is supposed that Section 3, defining "duties of Trustees," will, after repeal of above paragraphs, be adequate to the appointment of a Treasurer.

Fifth,—To amend Section 3, by the addition of the words, "And they shall have power to receive bequests of property,

real or personal, and donations of any description, for the uses of the Hospital."

Your Trustees, in submitting this statement of their doings to your Honorable Body for its sanction, believe they may congratulate the citizens of the State of Connecticut on the promising inception and expected early completion of this benevolent institution.

All of which is respectfully submitted.

Jos. R. Hawley,	*Hartford.*
H. Sydney Hayden,	*Hartford County.*
Leverett E. Pease,	*Tolland* "
S. G. Willard,	*Windham* "
B. W. Tomplins,	*New London* "
Wm. B. Casey,	*Middlesex* "
R. S. Fellowes,	*New Haven* "
Curtiss T. Woodruff,	*Fairfield* "
Robbins Battell,	*Litchfield* "

Middletown, April, 1867.

REPORT OF THE SUPERINTENDENT.

GENTLEMEN:

After receiving in October your appointment as Superintendent, and furnishing the necessary bond, I entered upon the duties of the office, and, as required in the act, "procured the plans of a suitable building" for your proposed Institution.

As Messrs. Sloan and Hutton of Philadelphia are generally acknowledged to be the architects most experienced in providing plans for hospitals, I applied to them for the drawings, and spent several days in their office in consultation and explanation of your wants, in which I had the very valuable assistance of one of the oldest superintendents in the specialty in the United States. The elevation and plans as worked up, met your unanimous approval.

The whole length of the buildings, when completed, is intended to be seven hundred and sixty-eight (768) feet, with accommodations for at least four hundred and fifty (450) patients.

The central building will be sixty (60) feet in width by one hundred and twenty (120) feet in depth, four stories in height, and will contain the necessary offices, kitchen, dispensary, patients' reception rooms, apartments for officers and employés, chapel and amusement hall.

There will be, also, six retreating wings, three on each side, of three stories in height; and four return wings, two on each side, of two stories in height.

It is proposed this year to proceed only with the erection of the central building and one wing, with its connecting transept on each side of the center, of one hundred and twenty-four (124) feet each, making a frontage of three hund-

red and eight (308) feet, with accommodations for at least two hundred (200) patients.

The commencement of the Hospital buildings with the central building and adjoining wings, was determined by motives of economy, as will be evident when it is considered that in the central building are to be placed the rooms for the assistants and personnel of the institution; and of the kitchen and storerooms, which thus will be permanent, supplying by tramways in the cellar, food and necessaries to all the wings and stories of the Hospital as they shall be built. If this plan had not been adopted, temporary kitchens and offices would have been required, and, to some extent, double expense and removals made necessary. The time and expense will, by the plan adopted, be largely saved.

All the buildings are to be constructed of Portland freestone, laid in broken range work, with hammer dressed stone for corners, water-tables, window-sills and caps.

You are aware of the completion of the dock, and of the giving out of contracts under your direction, for lumber, lime, brick, stone, sand, etc. Of sand, about six hundred tons have been hauled over the ice; also, about fifteen hundred tons of wall stone. With your sanction, I have employed a foreman, head mason, and head carpenter, and we are fully prepared to resume work.

It should be remembered that the five months since my connection with your Board have included the winter months, and, of course, the most unfavorable of the year for outdoor work.

During the month of December we completed a macadamized road, at uniform grade, from the main highway to the building site, and were engaged in making the necessary excavation for cellars, when the cold weather interrupted the work; but the plans are matured and the means for progress in such preparation, that I have no doubt that within a short time very satisfactory advance may be shown.

The varied matters connected with the duties of a Superintendent, especially during the period of the erection of the

Hospital, induce me to suggest that the keeping of accounts in detail, with accuracy, and with vouchers as required by the law creating the office of Treasurer of the institution, might advantageously be separated from the complicated duties of oversight of the building.

The important contract for the dam, and for the introduction of the water of Butler's Creek to the immediate premises of the Hospital grounds, has been made with Mr. George H. Norman, and includes almost every possible contingency for its perfect completion; grubbing, mauling, stone work, pipe and pipe connections, with necessary blow-offs, etc.

My report, as Treasurer, audited by your Committee, is herewith enclosed.

The proposed bill for admission of patients will be prepared to be presented to the General Assembly for its sanction. It requires time and consultation to have it meet the requirements of the laws of the State.

It is due to the people of Middletown, that I should allude to the deep interest they have constantly manifested in all matters relating to the progress of the Institution.

In closing this imperfect report of a short period, I would express my gratitude to the Board for ther uniform confidence and encouragement in the important trust committed to my charge.

Respectfully submitted,
ABM. MARVIN SHEW, *Superintendent.*

Middletown, Conn., April 1, 1867.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The Board of Trustees of the General Hospital for the Insane of this State beg leave respectfully to report: that since their first Report to your Honorable Body the highly important work committed to their charge of erecting and preparing a suitable hospital for the insane of this State, has been steadily and zealously pursued.

On the 20th of June last the corner stone of the hospital was laid, with impressive and appropriate ceremonies, by Governor English, in the presence of the State officers, members of the legislature, and a large concourse of deeply interested spectators. Addresses were made by Governor English, ex-Governor Hawley, Dr. Pliny Earle of Northampton, Mass., Rev. Dr. Cummings of Wesleyan University, and Prof. Thacher of Yale College; and it is believed that not one of that vast assemblage went away dissatisfied with the noble purpose and policy of the State then and there set forth and proclaimed.

The work has since been vigorously pushed on. The carpenter's shop, laundry, bake-house, kitchen, and boiler-house are completed. The air shaft, so indispensable a portion of the edifice, is finished, and the ventilating flues duly arranged. The south wing and return wing are fully completed and ready for occupancy on the first of May. The main or center building is in an advanced state of forwardness, is roofed and pointed, and will soon be finished. Water, of which the supply is ample, of excellent quality, and believed to be unfailing, has been brought more than a mile and introduced throughout the building. By an arrangement with the Middletown Gas Company, mains have been laid

from the city and the pipes carried through the building. An engine and boiler, steam-heating apparatus, and a patent washing-machine have been put in. The bedsteads, bedding, and other furniture, sufficient for a hundred patients, have been provided, and we are now ready to receive that number of male patients. The foundation and basement story of the north wing and return wing were also laid last fall, and are waiting for the superstructure.

The buildings are of Portland stone, "laid in broken range work, with hammer-dressed stone for corners, water-tables, window-sills, and caps." They are roofed with slate and finished, without and within, in a style which, though severely plain and simple, is yet not devoid of taste and beauty; and the Board of Trustees believe that the hospital will be regarded as a model of strength, durability, and perfect adaptation to its objects.

The work has been done thoroughly, and yet as economically as possible under the circumstances, and, when finished, the edifice will be one of which the State of Connecticut may be justly proud. The early and unusual severity of the past season unavoidably interrupted the work and occasioned great delay, difficulty, and increased expense in its progress; but the board are satisfied that all those employed upon it, whether as superintendents or operatives, have been faithful in the discharge of their duties, and have, moreover, been animated by a proper and zealous spirit. Dr. A. M. Shew, the Medical Superintendent, to whom, by the act creating the hospital, was committed the duty of procuring the plan of a suitable building or buildings, "and of personally superintending its erection and arrangement," has very faithfully and efficiently discharged his duties, has been untiring in his zeal and energy, and has personally supervised every part of the buildings and their appointments.

The General Assembly, at its last session, promptly voted a liberal sum for the completion of the buildings. The appropriation, from various causes, has proved to be insufficient, and the board are therefore compelled to apply to the Assem-

bly for such additional appropriation as will enable them to go on and finish their work. No more noble, no more necessary charity can be brought before the State; and if Connecticut would not be immeasurably behind her sister States in provision for the insane, a prompt and unhesitating response will be made to this application.

It will not be improper nor out of place in a report of this kind to cite the opinions of persons who have devoted much time and attention to these matters, and are fully conversant with the requirements of such institutions.

Dr. Kirkbride, the accomplished Superintendent of the Pennsylvania Hospital for the Insane, and President of the Association of Superintendents, thus remarks:

"Every one concerned in providing accommodations for the insane may rely upon the fact being established by all experience that the best kind of hospitals, not only best built, but with the most perfect arrrangements and fixtures of every kind, and managed in the most liberal and enlightened manner, are sure to be the most economical in the end (for true economy consists not only in avoiding all waste and extravagance, but also in doing thoroughly whatever is undertaken), will fullfil most completely the objects for which they are erected, and ultimately give most satisfaction to every enlightened community." Again, in another place, he remarks: "The difference in cost between a hospital that is well-built and one that is badly, — between one that is complete in all its arrangements and one that is imperfect, — between one liberally and one meanly managed, is really so small that if the good citizens of any State would make the simple calculation how much of this extra expense would fall upon each one of them, it can scarcely be credited that a single individual could be found anywhere who would be willing to admit that he would not cheerfully bear his proportion of it, even if it had never occurred to him that, at some period or other, he might not himself be compelled, personally, to test the character of the provision for the insane made by his State."

Again, we quote from the "First Biennial Report of the Trustees for the Iowa Hospital for the Insane," made in 1861:

"The cost of hospital buildings for the insane cannot, with propriety, be estimated by the cubic foot, and placed in comparison with other public buildings, because the peculiar uses for which they are erected require a peculiar and expensive construction and fixtures, which other State edifices do not require. Insane people must have ample room and provisions for restoring health, and for the personal comfort and the security of each individual. Safety from the calamities of destruction by fire, and from the escape of inmates, is essential; but these safeguards cost many thousands of dollars in construction. The single extra item of window-guards has cost this institution more than $4,000.

"The best sanitary arrangements in any case do not admit of crowded apartments, but the space required by the insane is more than double that usually allotted to the sick with other than mental diseases. About *eighty* per cent. of the insane require each a distinct and well-ventilated apartment to sleep in, separated from others by walls of masonry.

"From an examination of the cost modernly constructed first-class hospitals for the insane in the United States [and it must be noticed that this report was made in 1861, before the war and its results had stimulated and enhanced the cost of everything], we find them to be not less than $1,000 for each patient properly provided for, while the proportionate cost of some of them considerably exceeds this sum. Thus, the new Government Hospital for the Insane, near Washington, which is built of brick and will accommodate 300, or possibly 350 patients, has cost $473,040. The new Hospital for the Insane near Cincinnati, also built of brick, has cost more than $1,000 for each patient provided for; and the same may be said of the two new hospitals in Northern and Southern Ohio, at Newburg and Dayton."

But again, we make a quotation from a memorial of Miss Dix to the legislature of New Jersey in 1845: "It is said

that the establishment of hospitals involves expense, that it is much cheaper to maintain the insane elsewhere. Is it also computed at what actual cost these are supported in the State Penitentiary, in county jails, in poor-houses, and in families? What sums are consumed by their uncontrolled habits of destructiveness; what are lost by their crimes when, under frenzied impulses they fire buildings, take human life, and make wreck of all social and domestic peace and happiness? What sums are uselessly expended in conducting the trials of insane criminals? What cost of supporting the large class of incurables, who, if timely treated, would have been restored to society and usefulness — to health and enjoyment?"

Lastly, we quote from a report presented to the Fourth Annual Meeting of the Rhode Island Hospital, which thus concludes:

"It is objected by some that hospitals are expensive; of this we are fully aware. But are not streets and bridges very expensive? Are not our private residences, our churches, and other edifices very expensive? The practical question is not whether a hospital costs a large sum of money, but *whether it is worth what it costs*, whether the money is judiciously expended. No great institutions, dispensing their blessings from generation to generation, can be established without costing money. But what nobler use for money than to establish them? How trifling and ignoble and evanescent are the objects of many of our expenditures, compared with the founding of a great institution for the relief of the suffering, for the healing of the sick, and for the exemplification of a true Christian benevolence for centuries to come?"

These remarks, so truly and appropriately made in reference to a "general hospital," come with three-fold force when applied to a hospital for the insane.

The Board of Trustees has held regular monthly meetings during the year, and various members have, besides, from time to time, visited the institution, inspected the work, and satisfied themselves that everything was going on well.

In accordance with the requirements of the act creating the hospital, the board elected three additional trustees from Middletown, *viz.:* Hon. Benjamin Douglas, Hon. Julius Hotchkiss, and Rev. Dr. Joseph Cummings; and these gentlemen have zealously and effectively coöperated with the old board, and participated in its doings and deliberations, thereby evincing the wisdom of the legislature in providing for such addition.

In accordance, also, with the amendments to the act, passed at the last session of the Assembly, which separated the office of Treasurer from that of Superintendent, the board elected M. B. Copeland, Esq. (cashier of Middletown National Bank), to the office of Treasurer, which office that gentleman has since filled to the acceptance of the board.

At the February meeting of the board, held at the residence of the Hon. H. Sidney Hayden of Windsor (at that time disabled by a painful accident), Dr. Winthrop B. Hallock was appointed Assistant Physician, and his wife, Mrs. Mary Hallock, Matron; and Charles W. Galpin of Middletown, who had, from the inception of the undertaking, efficiently and satisfactorily discharged the duties of clerk to the Superintendent, was appointed Steward.

The board also appointed a committee to prepare a code of by-laws and regulations, and to fix the terms and conditions upon which patients should be admitted. This committee has discharged the duties assigned to it, and has drawn up and caused to be printed a series of rules and regulations, which have been approved by the board, and are ready for the examination of the legislature.

At one of the more recent meetings of the board a committee was appointed to ascertain the number of insane persons in the State, and circulars were sent to the selectmen and physicians of every town in the State, with blank returns to be filled up, giving the number, sex, age, and condition of all insane persons in the State, how and by whom supported, etc.

By a report submitted to the legislature in 1865 it appears that there are about seven hundred insane persons in the

State, though it is believed that this is considerably below the actual number. Partial returns from the selectmen and other sources give five hundred and eighty-four as the present number of insane persons in the State, but this is evidently an incorrect computation, and much below the fact.

To show how difficult it is to get accurate returns of this sort, we refer to a statement of Dr. Edward Jarvis of Dorchester, Mass., who, when Commissioner of Lunacy for that State, finding that no reliance could be placed upon the returns furnished by the national and State census, sent letters to every physician in the State, with blanks for them to fill and return. The result was, that while the national census of 1850 reported 1,680 insane persons, and the State census of 1855 returned 1,909, the commissioner's record of 1854 actually gave the names of 2,632; and upon close and careful examination of these by himself, and afterward by the legislature, only one name was found to be duplicated.

But to return to our State reports. By reference to these, and to communications received from reliable private sources of information, it is found that there are many cases of insanity in the State, the mere recital of which would melt a heart of stone. Some have been confined in out-houses for twenty or thirty years, or more; others kept in private families and chained by a leg to the floor; others still subjected to the most cruel and inhuman systems of restraint, receiving no medical attendance, and with no prospect of change or improvement. Now, the fact that such things are true in this nineteenth century, and in so advanced, enlightened, and wealthy a State as Connecticut, shows very clearly and forcibly the need of such an institution as that of which we have the honor and privilege to be in charge; and we can truly affirm that Connecticut has not been a day too soon in making the munificent provision which she has begun, and will doubtless continue to make for the care and protection and restoration of this preëminently unfortunate class of her children. Ordinary sickness of any kind, especially when combined with poverty, is grievous to be borne; but who can

estimate or properly depict the horrors of a malady which abolishes reason and judgment, which destroys the mind as well as the body, and consigns an immortal soul to the untold miseries of insanity! The Almighty only knows the depth and amount of such a condition of suffering, and He will demand from those of us who are more favored a strict account of the treatment which such unfortunates receive at our hands.

From what has now been said, it will be seen that the care of the insane, and more especially the insane poor, is not a mere question of dollars and cents, but of sound policy, true economy, a wise humanity, philanthropy, and religion. Such is the view which the members of this board take of their trust, and such, we believe, is the view that will be taken of it by your honorable body.

The cost of the buildings may to some appear large, but we can conscientiously affirm that not a single dollar has been wasted or misapplied. The State of Connecticut is wealthy and liberal, and this board, as the almoners of her bounty, did not dare to erect a mean, niggardly, inappropriate structure, when such grave and important interests were involved. They were not limited by public enactment to any specific amount, and they were perfectly aware that the educated and enlightened public sentiment of the State would not sanction, nor allow of, any miserly and illiberal construction of the act which created this much-needed institution. They have therefore gone forward, and actuated by prudence and economy, as well as a desire to carry out what they believed to be the intent of the people of the State, have partially erected an edifice, which is designed not only for to-day, but for future years, and which they are satisfied will fully meet the wishes and expectations of the State.

The funds, so liberally appropriated by the last legislature, are now exhausted, and to complete the center building and north wing, and meet outstanding obligations, a further appropriation of $162,384 will be required. The board do not entertain a doubt that this sum, and more still, if requisite,

will unhesitatingly be voted by this assembly. Indeed, the members of the board have become individually and jointly liable for the sum of $30,000, in the shape of a loan from the banks, because they saw last autumn that if funds were not at once provided, the work must come to a stop, to the very great detriment of the public interest, and to the occasioning of injurious delay as regarded the class of unfortunates for whom the institution was designed. There is, in addition, a debt of $41,614 for materials, fixtures, furniture, labor, etc., to be provided for from the next appropriation. We said "injurious delay," for every day that defers the reception and treatment of these patients, increases the difficulty and diminishes the probability of their restoration to health and sanity.

It is unnecessary at this day to go over the whole ground of argument in favor of the early treatment of the insane, whom it is well-known cannot be successfully treated at home; and we will mention here another fact — to which we may again recur — that from eighty to ninety per cent. of recent cases are curable. We shall, however, adduce the opinions of those who have had large experience in the care of this class of patients.

We make, in the first place, a brief extract from the report of the superintendent of the Iowa State Hospital, bearing upon this point; and his statements are equally applicable to our own State:

"For several years prior to the opening of this hospital," he says, "the insane of this State had been necessarily confined in jails with criminals, and in county infirmaries (poor-houses) in gradually increasing numbers, until there existed the most painful necessity for other and more appropriate accommodations for them. During the last ten years, a few of the insane of the State had obtained places in the institutions of other States, at an inconvenient expense; private families have been burthened, and their safety put in peril by others; and upon some the grave has prematurely, though kindly, closed. But the majority have, for no crime, been

compelled to occupy, more or less, the felon's cell. Relief, though tardy, came at last, and so great was the desire of citizens to obtain admission for their afflicted friends, that, during the first twelve weeks, more than one hundred patients were admitted. It is painful to add, that so long had these poor sufferers been confined under adverse sanitary circumstances, not one in ten of all this number will ever recover the right use of reason; whereas, eighty or ninety of them, under the best treatment, early applied, would certainly have been cured. These are facts which should arrest the attention of every citizen. They show most clearly the importance of the earliest possible application of restorative treatment. Insanity is only curable, as a rule, before the delicate textures of the brain have suffered injury from chronic disease. For the curative treatment of mental diseases, a month during their incipient stages is worth more than a whole year in their advanced stages. Indeed, no subsequent period, however protracted, can compensate for the loss of the golden early period in which to treat successfully diseases of the mind."

In the memorial of Miss Dix, before referred to, we find tables showing the relative expense of supporting old and recent cases of insanity, and we quote a few of the figures:

From Dr. Awl's report of the Ohio State Institution, for the year 1840, it appears that the

Average cost of supporting	old cases was, . .	$1,903.60
" "	new " " . .	56.00
Report of 1841, average cost of	old cases was, .	1,969.00
" " "	new " " .	52.22
Report of 1842, "	old " " .	2,020.00
" " "	recent" " .	45.20
Report of 1843, "	old " " .	2,239.10
" " "	new " " .	65.41
In Massachusetts for 1843,	old " " .	2,166.20
" "	new " " .	58.45
In Maine for 1842,	old " " .	2,108.33
" "	new " " .	35.50

In Virginia (Staunton), av. cost of old cases was, . $2,081.65
" " " new " " . 63.25

Of course this very great difference in cost is owing to the fact that the recent cases are soon cured and discharged, while the old or chronic are kept on indefinitely, but it is no less a strong and irrefutable argument in favor of the early treatment of cases of insanity.

Every consideration, then, of humanity, of economy, of sound policy, goes to sustain and enforce the appeal we now make to the State, for prompt and liberal assistance in completing the work entrusted to us. It is superfluous to say that the members of this board have no other or further interest in this matter than that shared, or which should be shared, by every citizen of the State; but the very important trust having been imposed upon us, without any seeking or solicitation on our part, we feel a greater responsibility on account of our official connection with the institution, and are therefore desirous that the work shall be pushed on as speedily and vigorously as possible.

We might, to be sure, have provided at less cost, a flimsy, unsubstantial, and inappropriate building, but we did not and do not believe this to be the wish and intention of the people of Connecticut. We have therefore endeavored faithfully and conscientiously to discharge the trust imposed upon us: to promote the best interests of the State and of that very interesting and deeply afflicted class of her children for whom this hospital is intended.

Many urgent calls for the accommodation of patients have already been received from different parts of the State. The officers of the Retreat at Hartford have notified the various towns having *male* patients under their care that they must remove them by the first of May, as it has been determined to expend $100,000 in altering and improving that excellent and well-managed institution. Some, even, of private patients, a class for which that hospital was and is designed, must be removed, to allow of the contemplated improvements.

These and other facts have convinced the board that great distress and perplexity will result should the completion of the State hospital be delayed, and that they will be fully justified in carrying forward the work intrusted to them.

It now rests with your honorable body to say whether the work shall go on and be completed in a manner befitting so wealthy, enlightened, and benevolent a State, and we do not doubt that the wisdom and sound policy of this assembly will be evinced by directing the board of trustees to go forward with their noble and important work, so that all those who are entitled to claim may, as speedily as possible, receive its benefits.

We append, for the information of such members of the legislature as may not be familiar with the facts, a brief summary of what other States have done and are doing in behalf of their insane, and trust that Connecticut will not long be behind the record.

We make an extract from the Fourth Annual Report of the Directors and Superintendent of the West Virginia Hospital for the Insane for 1867.

"*Massachusetts*, with five large hospitals within her borders, is providing a sixth"; and has several municipal and private establishments.

New York, with five large public and some excellent private hospitals, has just resolved to erect two more that will cost nearly if not quite a million of dollars.

New Jersey, small but brave in duty, with one of the best hospitals in the world, has just resolved to provide for all their insane, and is enlarging, at an expected cost of two or three hundred thousand dollars.

Pennsylvania, with five hospitals of large size and some smaller ones, is enlarging its Western Hospital and canvassing for another in some unprovided section of the State.

Maryland, with two excellent hospitals, is now building two more that, when finished, will cost, together, over half a million of dollars, — one of them being from private munifi-

cence entirely; (and the State has recently voted an appropriation for the enlargement of one of the older.)

Ohio, with five excellent hospitals (one devoted to the colored insane) has just resolved to enlarge two of them to more than double their present capacity, and also to erect a sixth, equal to any of the others, the cost of all which is estimated at from one-half to three-fourths of a million of dollars.

Kentucky has two, and means "to provide for every insane person within her limits."

Iowa, Indiana, Maine, Vermont, New Hampshire, Alabama, Virginia, and almost all the other States have at least one; and even little Rhode Island, besides a large hospital for the insane, has recently built a general hospital at Providence, which, up to September 30, 1867, had already cost about $338,000, and will, when completed, reach the sum of $500,000. Very recently, moreover, this noble little State has taken preliminary steps for building another hospital for the insane. Will Connecticut be behind her sister States in making ample provision for all her insane poor? We will not believe it. The supposition is a reproach to her fair fame and honor.

We cannot better or more appropriately conclude this report than by making a few quotations from the addresses of Gov. English and ex-Gov. Hawley, on the occasion of laying the corner-stone of the hospital.

"It is true," remarked Governor English, "that we have a large State debt, and, besides that, a large national debt to carry, but there are few citizens of Connecticut who would wish the State to refuse to do her duty to the suffering and unfortunate class for whom this hospital is building.

"This is the founding of one of the noblest charities to which humanity can be devoted. It promises to reward all our care, all our expenditure, all our hopes with a rich harvest of benefits. In the coming years its blessings will flow as broadly and deeply and at the same time as beneficially as the waters of yonder river, in a never-ending stream.

"Large as some may consider the last appropriation, it is

small when compared with the magnitude of the evil to be met, and the demands of this class of unfortunates upon our charity, and especially when compared with the population of the State. In Connecticut there are upwards of half a million of people. This appropriation will only add an average of 30 cents to the list of each tax-payer, and what a work of good is by this small expenditure accomplished! No one who shall see this institution in practical operation, and note the patients who shall be cured or benefited here — patients suffering from the direst curse that can fall upon poor humanity — will ever regret the small proportionate share he pays to aid this noble work.

"I rely upon the willingness of the State to carry out the philanthropic enterprise she has begun. This enterprise, with others of a similar character, is due, in great measure, to the intelligence of our people. Our system of common schools, so generously sustained from the earliest period of our history, has contributed largely to the beneficence of this great charity. A philanthropy, dictated by intelligence, can hardly fail of beneficial results."

"The history of such efforts as this," said ex-Governor Hawley, "is frequently marked by hesitating grants of money through a long series of years, amounting to double or treble the sums that private enterprise would expend in producing similar results, and, by favoritism in contracts and appointments, useless display, general extravagance, and even fraud.

"More cannot be asked than that this institution shall be as free in the future as it has been in the past from such misfortunes, errors, and crimes."

He then referred to the "wise, prompt, and large-minded action of the General Assembly," and, noting the fact that of the seven hundred or more insane patients in the State, of whom only a small portion could be accommodated in the Hartford Retreat, goes on to add: "And there are more than two hundred in the almshouses of the towns, where it is altogether impossible that they can be treated as common humanity and the honor of the State require." "The moneys

expended by the commonwealth and the municipal corporations in these various unsystematic and unsatisfactory ways are probably sufficient, when concentrated upon this institution, to take proper care of these unfortunate brothers and sisters. But the General Assembly made no attempt to avoid its responsibilities. It made no nice calculations of profit and loss in dollars and cents, though it would be easy to show that *that State makes most money which best cares for the destitute and suffering.*"

No words of ours can augment the force or heighten the effect of the stirring and impressive language of these quotations; and with this we are content to submit the whole matter to the wisdom and intelligence of your honorable body.

We append the Superintendent's report for the past year, with his estimates for completing the center building and north wing; also a letter from Mr. Hutton, the architect of the hospital, in regard to the estimates. The statement which this gentleman makes should have great weight, as the firm to which he belongs has had an extensive experience in buildings of this character, and has designed and superintended the erection of most of the more recent hospitals in the United States.

These estimates amount to $75,770, which, added to the debt already due of $41,614, and the sum borrowed by the trustees, $30,000, and the further sum needed for furniture, $15,000, make the total amount required $162,384.

Besides this there are barns and fences to be built, grounds to be graded and laid out, stores and stock to be purchased, and many other things to be done for which no precise or definite estimate can be made. For these we need, and most respectfully ask, an additional appropriation.

That the work may not stop, and the valuable time that must elapse before the meeting of the legislature may not be lost, the board of trustees, at their annual meeting, held April 8, 1868, again voted unanimously to obligate themselves individually for the purpose of obtaining funds to meet the necessary payments and expenditures.

MR. HUTTON'S LETTER.

PHILADELPHIA, March 13, 1868.

To the Board of Trustees,

General Hospital for Insane, Conn.

GENTLEMEN : —At the request of Dr. Shew, I have examined his estimates for the completion of the north wing and center building of the new structure at Middletown, and having carefully compared them with the expenditure involved in the work already done, am ready to vouch that they are sufficient to put the same in working order. His exhibit denotes specifically what is contemplated, and with the same energetic and careful management that has characterized last year's operation, the figures therein named are liberal enough to *do well* all that is proposed to be done.

I cannot let this opportunity pass without the statement, that, in all my observation, I have never seen a building more *thoroughly well built*, nor, in view of this fact, with greater economy Hoping that your efforts to complete the whole will meet with entire success in every respect,

I am truly yours,

ADDISON HUTTON, *Architect.*

From the West Virginia Hospital report, before referred to, we copy a tabular statement of several hospitals for the insane, with cost of building, etc., remarking only, that all these were built before the late war, and consequent advent of high prices; and it would be a moderate estimate to add now fifty per cent. to the prices then ruling:

Name, etc.	Capacity.	Cost.	Cost for Patient.
New York State Asylum, Utica,.....	440	$517,400	$1,185
Maryland Hospital, Baltimore,.. ...	130	213,600	1,443
McLean Asylum, Somerville, Mass.,.	200	321,000	1,605
Penn. Hosp. for Insane, Philadelphia,	240	330,000	1,377
New " " " "	250	325,000	1,300
New Jersey Asylum, Trenton,.....	250	250,000	1,000
Maine Hospital for Insane,.....	175	150,700	861
Mt. Hope Institution, Baltimore,....	120	200,000	1,666
Butler Hospital, Providence, R. I.,..	140	116,000	828
Lunatic Asylum, Taunton, Mass.,...	250	250,000	1,000
Michigan Hospital, Kalamazoo,....	288	340,000	1,180
Northampton Hospital, Mass.,..	250	335,000	1,340
Iowa State Hospital, Mt. Pleasant,...	250	359,666	1,440
Average cost *per capita* before the war,	....	.....	1,248
" " " with 50 per cent. added for increased prices, since the war,.....	....	.. ...	1,872

Now let us see how this average compares with the expenditures already made, and to be made, upon our hospital.

The first appropriation by the State was . .	$35,000
" second " " " . .	150,000
Loan from the trustees, ...	30,000
Funds required to finish center building and north wing, as by superintendent's estimate, .	75,770
For furniture for center and north wing, . .	15,000
Existing indebtedness, ...	41,614
Total, . . .	$347,384

Multiply the above average of $1,872 by 200 — the number of patients which the center building, and north and

south wings, when finished, will accommodate — and the resulting figures are $374,400; so that thus far the cost of our hospital has been within the average. But one important fact must be kept in mind, viz., that our institution was, and is, designed for 450, instead of 200 patients; and that all the out-buildings, the center building, and their numerous appointments, were planned, and have been constructed and provided with that ulterior view, so that as a matter of fact, the edifice, thus far, has been built very economically under all the circumstances, and at considerably less than the average arrived at by the above table.

All which is respectfully submitted.

James E. English,	*New Haven.*
H. Sidney Hayden,	*Hartford County.*
Leverett E. Pease,	*Tolland* "
S. G. Willard,	*Windham* "
B. W. Tompkins,	*New London* "
Wm. B. Casey,	*Middlesex* "
R. S. Fellowes,	*New Haven* "
Curtiss T. Woodruff,	*Fairfield* "
Robbins Battell,	*Litchfield* "
Benj. Douglas,	*Middletown.*
Julius Hotchkiss,	"
Joseph Cummings,	"

Middletown, April, 1868.

REPORT OF SUPERINTENDENT.

GENTLEMEN: — In compliance with instructions received from the board at its last meeting in March, 1867, "to resume work whenever the season should permit," excavations were begun on the first day of April by such force of workmen as could be advantageously employed.

SEWERAGE.

Your attention was early directed to the importance of having ample provision made to carry off the surface water during the construction of the building. By your direction, therefore, an eighteen-inch cement pipe was successfully laid, during the month of April, from the center building directly east, a distance of one thousand feet, with a descent three-sixteenths of an inch to the foot. This drain pipe is abundantly adequate to carry off the waste water from the laundry and kitchen and the bath and wash rooms of the whole building.

CARPENTER SHOP.

At the same time masons were engaged in carrying up the walls of a permanent two-story stone building, twenty-seven feet in width by fifty-two feet in length, to be used as a carpenter and work shop. The first story of this building has a work bench extending the entire length of one side, one circular saw and one scroll saw, and a large grindstone. In the second story are placed three benches with sufficient room for twelve carpenters. The attic, with mansard roof, makes a most convenient paint and glazing shop.

The motive power driving the machinery alluded to is, water from our dam (described below) in the use of a six-inch turbine wheel, manufactured by and presented to the

institution by Mr. Dwight Cushman of Hartford; and it gives me pleasure to mention it, that this wheel, with a power adequate to all the mechanical appliances of the shop, has been eminently successful in its workings, and entirely without repair to this date.

The importance of the early erection of the above shop building was manifest, as in it would be prepared all the wood-work throughout the entire hospital edifice. It is a permanent, good structure, and will supply to convalescent patients the means of light employment to their great advantage, and therefore to the profit of the institution.

DAM AND RESERVOIR.

Early in April, 1867, Mr. George H. Norman, with whom a contract had been made for a dam and appurtenances, and for the providing and laying of necessary pipe to convey water to the building, commenced and prosecuted the work with vigor. Six thousand five hundred feet of six-inch cast-iron pipe were laid in accordance with the minute specifications of the contract before the fifth day of May, thus providing a supply of water for mechanical and other purposes during the entire season.

The turbine wheel has been in constant use, and at all times more water has passed around the waste canal from the reservoir, than was used on the grounds.

EXCAVATIONS.

Simultaneously with the prosecution of the work heretofore mentioned, laborers were employed in excavating for the foundations of the main buildings.

In order to render this portion of the report intelligible to those not acquainted with the practical details of a work of the magnitude of your hospital, I would state that in excavating for foundations and cellars, about twelve thousand cubic yards of earth were removed a distance of several hundred feet. The soil, consisting principally of "hard pan" and gravel, formed at all points an unyielding foundation for the heavy walls of the superstructure.

By employing an adequate force of masons, and by working over hours for a few days, the cellar walls, two feet eight inches in thickness, and seven feet six inches in height, were completed previous to the ceremony of laying the corner-stone on the twentieth of June.

UNAVOIDABLE DELAYS.

During the months of July, August, and September, much embarrassment and delay occurred in consequence of the unusual number of wet days.

To those having the grave responsibility of the building operations, the constantly recurring rains and showers were a source of care and great anxieties. Incessant forethought was required to prevent damage to the walls and loss of material from the washing of mortar-beds during the continuance of sudden storms.

It also became necessary to erect temporary sheds under which the masons and stone-cutters could work without interruption.

To those who are not practical builders these hindrances of weather may not seem as important as they really are; but when it is considered that nearly two hundred men were employed, and that each man would lose from five to ten minutes in changing from scaffold to sheds, it must be evident that the aggregate of time lost amounted to a large total.

BUILDINGS ENCLOSED.

Notwithstanding the above embarrassments and delays, we succeeded in enclosing the center building, intermediate and south return wing, the laundry, and the boiler-house, during the season.

DESCRIPTION OF THE CENTER BUILDING.

The dimensions of the center building are sixty feet in width, one hundred and twenty feet in depth, and four stories in height. The walls are constructed of Portland freestone, lain in broken range work, two feet four inches in thickness,

with tool-dressed quoins, windowsills and caps, water-table, belting course and cornice, surmounted by a "French roof" of slate and tin.

Inside the stone wall there is a four-inch brick lining, leaving an air space of two inches between it and the stone, thereby insuring dryness.

DESCRIPTION OF SOUTHERN WING.

The southern wing is forty feet in width, one hundred and twenty-four feet in length, and three stories in height, with an "L" or return wing, which also is forty feet in width, one hundred and eight feet in depth, and four stories in height. The walls are one foot eight inches in thickness, and have a brick lining similar to that described in the center building. The corridor and partition walls, thirteen inches in thickness, are made of brick with an air space of five inches in the center, in which are carried up all the hot air and ventilating flues, than which mode none can be more safe from the danger of fire. These ventilating flues are supplied by air forced through a passage (seven feet in height by twelve feet in width) running under ground from rear of boiler-house into the cellar of center building.

The interior part of the building is plain but substantial: the wood work being of Georgia yellow pine, oiled and varnished. The floors are lain with three and four inch matched stuff, with course counter floors beneath.

The first story will be used as a ward for excited patients. The rooms on each side of the corridor are filled with inside window shutters hinged and locked. Four of these strong rooms are supplied with iron closet-bowls, and a separate hot air flue for each.

The large triple windows are protected in this story by screen partitions of wood and iron pipe, as suggested and adopted by Dr. Nichols, Superintendent of the Government Hospital for the Insane at Washington, D. C., and in the second story by painted iron wire screens.

The southern wing is adapted to one hundred patients

divided into four classes. The wards consist of a corridor twelve feet in width and height, and are one hundred and twenty-four feet in length, with a space on each side adjoining the center building for light and air, and a large triple window at the south end.

The "L" hall in the south return wing is ten feet in width, and at right angles with the corridor, and will form the connecting hall with the extension south when it shall be erected.

Each ward contains one dining-room, one day or reading-room, two "associate dormitories," for four and six patients, two dumb-waiters, one dust-flue, one front and one rear hall and stairways, two rooms for sick patients shut off by a passageway from the main corridor, eleven single rooms, one clothes room, and one large room for attendants.

In each hall there is a water-closet and wash-room adjoining the bath-room. The water-closet bowls are enameled cast-iron, funnel shape, and flushed with water whenever the door is opened, by a spring attachment. The waste-pipe from the closet and "slop-hopper," leads to the main soil-pipe, and this having a connection with a tall chimney of the boiler-house, as hereafter described, completes the system of "downward ventilation."

In the wards already completed there are four cast-iron bath-tubs of the approved pattern of Messrs. Morris, Tasker & Co., of Philadelphia. The supply of hot and cold water and the waste, pass through one opening in the bottom.

In a vertical flue from basement to upper stories, opening by a door in each bath-room, is a "pipe-closet" connecting the supply of hot and cold water with each bath-tub, and accessible only to the attendant. In each pipe-closet is a fire plug with a length of hose permanently attached; and adjoining this, a steam drying-room, containing coils of iron pipe placed under a rack upon which damp clothing, bedding, or wash-rags can be dried.

LAUNDRY.

Referring to the plan accompanying your report, it will be observed that the laundry-building, located sixty feet in the rear, is connected by an underground passage with the center building, in which passage a tramway will be placed for conveniently conveying clothing and bedding to and from the wards.

The first story of the laundry-building is divided into three large rooms; one forty feet in length by twenty feet in width, will be used as a bakery; a room opposite of same size, as an ironing and folding room. The washing will be done in the rear room, fifty feet in length by twenty feet in width, and will contain hydraulic washers of Smith's patent, made by the New York Laundry Manufacturing Company, 18 Dey street, New York, with stationary tubs and steam-heated drying-closet. The second story is divided into a large sewing-room (connected with the ironing-room below by a "dumb waiter"), one linen or store-room, and six sleeping-rooms for female employes.

BOILER HOUSE, HEATING APPARATUS, AND CHIMNEY.

For the complete protection and preservation of the hospital building frem danger arising from the fires used in generating steam for heating purposes, a two-story stone building, sixty feet in length by twenty feet in width, has been erected one hundred and fifty feet in the rear of the hospital, for the boilers and various fixtures necessary to a steam-heating apparatus. The first story contains the boiler-room on the north end, and a fitting shop on the south end. The second story contains four rooms for male employes, and one large store-room over the boilers. From the center of this building arises a brick chimney eighty-four feet in height, built in the most substantial manner, six feet internal diameter, surmounted by a cast-iron cap. Two large flues from the main sewer open into the smoke stack, perfecting the system of "downward ventilation."

STEAM HEATING.

The steam used during the winter for warming the hospital has been generated in a tubular boiler, sixteen feet in length by four feet in diameter, and conducted through a five-inch wrought-iron pipe covered with felting, to the cast-iron radiators (Gold's patent), placed in the cellar corridor or air-duct of the hospital building.

By the use of this (Gold's patent) apparatus, put up in stacks of from eight to twelve radiators in each box, about sixteen feet apart, the apartments are severally heated in stories, one above another.

It will be necessary to have two additional boilers of similar dimensions to supply heat during the next winter. It is supposed that three boilers will be adequate for the purpose when the north wing is occupied.

The heating and ventilation are to be effected by the forcing of a constant current of pure air over the radiators, through which the steam circulates, and which after condensation, is carried back in a warm state, to resupply the boiler.

The forcing power is a fan, twelve feet in diameter, placed in the rear of boiler-house, as before mentioned, and kept revolving by water; and a most necessary and important auxiliary to our ventilating system in summer and winter, so needful in the rooms of insane patients.

GAS.

During the month of November your committee made arrangements with the Middletown Gas Light Company for the laying of a main pipe, from their works to the hospital, at the very moderate cost of one thousand dollars. In a large institution of this character a very important advantage of illuminating by gas over other modes is the security against fire, and also economy and cleanliness would equally recommend it.

RECAPITULATION.

From the preceding statement of work done it will be seen that the past year has been one of constant and unremitting toil to those having charge of the building operations.

Only twelve months have been consumed in erecting and finishing a series of buildings, which have required in their construction —

Of stone, four thousand perch (twenty-five cubic feet to the perch).
Of brick, one million five hundred thousand.
Of lime, one thousand seven hundred casks, or two hundred and seventy-five tons.
Of S. Y. pine, five hundred thousand feet.
Of white pine, seventy thousand feet.
Of spruce, eighty thousand feet.
Of hemlock, fifteen thousand feet.
Of nails, ninety kegs, or four and one-half tons.
Of roofing slate, twenty-five thousand square feet.
Of iron pipe, fifteen thousand feet, or about three miles.
Of labor of men, thirty-two thousand one hundred and sixty-seven days.
Of labor of horses, two thousand five hundred and twenty-three days.

To arrange for the need, to contract for, prepare and judiciously use in one year the amount of material here tabulated, has required the undivided time and attention of those holding positions of trust under the direction of your board. In this connection I cannot refrain from alluding to the fidelity of those whom you have associated with me in this great work.

To Messrs. Hose, Hubbard & Galpin is due an acknowledgment of the valuable services which they have respectively rendered.

By your consent and authority, contracts were at various times made with the following named parties:

Reservoir, dam and connection pipes with building, one and a quarter miles: Geo. H. Norman, Newport, R. I.
Georgia yellow pine: New Haven Steam Saw Mill Co., New Haven, Conn.
Stone, wall and dimensions: Middlesex Quarry Co., Brainard & Co., and Shaler & Hall, Portland, Conn.

Lime, cement, nails, and glass: Hubbard Brothers, Middletown, Conn.
Brick: Eugene Strickland, Middletown, Conn.
Iron sash: H. A. Converse & Co., Hartford, Conn.
Wood sash: R. Joslyn, South Manchester, Conn.
Roof bolts: Plants' Manufacturing Co., Plantsville, Conn.
Roofing slate: Cook, Overfield & Snedeker, New York.
Tin roof: B. C. Bacon, Middletown, Conn.
Turbine wheel: Dwight Cushman, Hartford, Conn.
Steam boiler and pump: Pitkin, Brother & Co., Hartford, Conn.
Steam radiators: H. B. Smith & Co., Westfield, Mass.
Steam and gas pipe: H. P. Blair, Hartford, Conn.
Bath tubs and closet bowls: Morris, Tasker & Co., Philadelphia, Pa.
Wrought-iron window guards: Bancroft & Co., Philadelphia.
Coal: White & Loveland, Middletown, Conn.
Doors and bedsteads: Hubbard & Burrows, Middletown, Conn.
Registers: Tuttle & Bailey Manufacturing Co., Boston, Mass.
Locks and knobs: Mallory, Wheeler & Co., New Haven, Conn.
Gas fixtures: Tucker Manufacturing Co., Boston, Mass.

There is now on hand, with which to operate this season, of cut stone about one-third of the amount required, and of yellow pine for joists, etc., nearly enough to complete the northern wing.

The estimates of last year, which, being unexpectedly called for, were prepared in one night without the assistance of the architect, have failed to meet the requirements of your building, owing mainly to the large item of labor. While the act creating the office of superintendent makes it the duty of that officer to procure the plan and personally superintend the erection of the hospital building (which you are aware I have done to the extent of my ability), it could not have been intended that I should be wholly responsible for the correctness of all the estimates of the details of the building, — a matter out of the range of the usual duties of a physician. The estimates offered with so short a time for mature prepar-

ation in June last, were known by all those who had the matter more immediately under their notice to have been prepared under pressure; yet they were believed fully by me to be adequate for the purposes proposed, except so far as a few items, not very materially affecting the total, were reduced by those of the trustees who saw the draft. I had no expectation of the estimates being printed and relied upon as absolutely adequate, and as if they were the conclusions of experienced builders. I now see that it was a grave mistake not to have taken several days and submitted our whole calculations and value of materials on hand to your architect for an authorized opinion.

By your direction payments have been made as far as the funds would permit. All the outstanding liabilities on account of building operations amount to forty-one thousand six hundred dollars ($41,600) as per tabulated statement rendered.

To complete the center building and northern wing and other necessary work remaining to be done, and to meet the debts already contracted, the further sum of one hundred and sixty-two thousand three hundred and eighty-four ($162,384) dollars will be required.

The hospital farm has during the year been a source of profit. About seven hundred dollars were received for pasture land, and about fifty tons of hay cut for our own use. As yet nothing has been attempted in the way of laying off and ornamenting the grounds for the patients, a thing highly important with all institutions for the insane. Nor have enclosures been made in connection with the building for the safety and increased comfort of the patients. The hope is entertained that during the coming season much may be done in this direction.

Of the urgent necessity for a hospital in Connecticut many who will read these pages are fully aware. There is, however, a large number to whose mind this claim presents itself as of no serious and positive obligation. I would respectfully and earnestly urge all such to spend one single day in visiting the

scenes of misery found wherever the insane are confined in jails or almshouses.

With the completion of your hospital on its original plan, in which various forms of innocent recreation are to be provided, much of this suffering and misery can be alleviated.

Already numerous applications for admission have been received from all parts of the State, showing conclusively that this great work was not commenced prematurely. As the number of patients increases the cost of keeping them will be proportionally diminished,— the expenses of heating, lighting, cooking, etc., not being much greater for two hundred than for one hundred. It is estimated that the average expense of keeping one hundred patients, at the present high rate of prices for the necessaries of life, will be four and one-half ($4.50) dollars per week. This includes board, washing, mending, lodging, medicine, and attendance, and various other expenses incident to the curative means adopted in our practice.

In conclusion, gentlemen, I desire to express my grateful sense of obligation for the encouragement you have afforded me amid the labors and anxieties of the past year. With an earnest desire to promote the interests of the institution, and with firm resolution to insure its success and usefulness in the future by executing, to the extent of my ability, your philanthropic designs, this report is respectfully submitted.

A. M. SHEW, *Superintendent.*

Middletown, Conn., April 1, 1868.

M. B. COPELAND, Treasurer General Hospital for the Insane, in account with the State of Connecticut.

DR.

To amount on hand April 1, 1867,	$202.97
" balance appropriation, 1866,	10,000
" amount " 1867,	150,000 00
" " received of town of Middletown on account of dock and work on road,	980 92
" amount received for rent, etc.,	912.86
" " borrowed on individual notes given by the trustees,	28,964.38
	$191,061.12

CR.

By salaries of officers,	$2,333.34
" land,	1,185.62
" stationery, postage, and revenue stamps,	259.04
" furniture, fixtures, and safe,	253 85
" fuel and lights,	417.19
" lumber, lime, cement, hair, paints, oil, putty, wood, sash, and doors,	25,485.37
" brick and sand,	8,714.41
" stone,	6,763.26
" slate, lead, sheathing, and putting on roof, and tinner's bill, roofing, conductors, and putting on,	5,294 78
" Trustees' expenses (traveling),	177.56
" Superintendent's board,	621.41
" iron sash, arch plates, work on sash patterns, shafting, blacksmithing, iron beams, lightning-rods, blacksmith shop and tools, roof and stage bolts, piping, etc.,	4,131.38
" shovels, hoes, picks, saws and saw tables, boring machines, locks, screws, registers, soil pans, etc.,	926.59
" boiler, steam pump, pipe and fittings, radiators and hair felt,	5,600.36
" horses, wagons, sleighs, harnesses, hay and feed, mowing machine and rake,	3,039.18
" water-works and land damages,	17,630.00
" transportation,	2,302.78
" pay of employes,	101,099.73
" Architect's accounts, plans, etc., sewer pipe, fence posts and stage poles, dock, derricks, bell, rent, hose, printing, advertising, insurance, etc.,	4,542 48
" amount,	232.79
	$191,061.12

MIDDLETOWN, April 1, 1868.

I hereby certify that I have examined the vouchers and accounts of the Treasurer, of which the above is an abstract, and found them correct.

BENJAMIN DOUGLAS, *Auditor.*

MIDDLETOWN, April 22, 1868.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The Board of Trustees of the General Hospital for the Insane of this State, in presenting their third annual report, beg leave respectfully to state that since their last report the north wing of the hospital, designed for female patients, and the center or main building, containing the offices, apartments for superintendent, assistant physician, steward, apothecary's shop, etc , and last, but not least, the chapel, have been nearly completed, with the exception of the latter. A good portion of out-door work, such as grading, stone-work, etc., has been done; but for the details of all this we would respectfully refer your honorable body to the report of the superintendent, which is full and precise in its details.

The funds so liberally appropriated to the institution have been expended for the purposes and objects set forth in our last annual report.

The disbursements for current expenses and building operations for the year past amount to $192,696.93. The bills and vouchers for all work done, articles purchased, salaries paid, and all other expenses are on file in the Comptroller's office, and may be examined by any one interested in so doing.

There have been already received into the hospital, of all classes and both sexes, two hundred and sixty-eight (268) patients, of whom two hundred and nine (209) remain. Of these, one hundred and seven (107) are males, and one hundred and two (102) are females. We copy these statistics from the superintendent's report simply to show in how brief a period all the available apartments of the institution have

been occupied, and how important it will be for the State, at no distant time, to extend the accommodations of the hospital for the large number of this class of patients who still remain unprovided for. All the central arrangements of the hospital were designed for more than double the number of those now enjoying its benefits, and the cost of carrying out the original plan will be very much less in proportion than for the parts already completed.

Should the legislature see the need of further accommodations, as is painfully evident to the trustees, and be willing during this session to make an appropriation for this object, we ought to say that it will be impracticable to make use of much of the sum appropriated until the spring of 1870, although it would be a great advantage to the State for the trustees to know that they had control of a sufficient basis upon which to make contracts for work to be begun at the earliest practicable time, as, with the models already erected, contracts can safely be made with responsible parties.

The liberality of a few gentlemen has provided a reading-room, library, and other means of occupation and recreation; and so with regard to the chapel, private benevolence has gone far to complete this highly important adjunct to a hospital for insane persons. To the same sources is due the possession of a fine organ, which was purchased by private donations.

There has been very little active disease among the patients during the past year; on the contrary, owing to the salubrity of the location, the abundant supply of pure water, the absence of any local or neighboring causes of malarious disease, in addition to the good care and strict attention paid by the superintendent and his assistant, the general health of the inmates has been unusually good. A few deaths have occurred, for the causes of which we would refer to the superintendent's report.

Since the last annual meeting of the board of trustees, April 15, 1869, the number in the hospital is 226, and there are on file and waiting for admission sixteen applications.

In regard to financial matters, as already stated, the entire amount of the large appropriation made by the General Assembly at its last session has been expended, and there are unpaid bills to the amount of $18,543.28. We regret that this should be so, but we are unable to see how the result could have been otherwise, inasmuch as the estimates for the amount needed to complete the north wing and center building were based upon the experience of 1867, at which time, as is well known, mechanical labor of all kinds was sixteen per cent. lower than last year. This unexpected advance, which could not have been foreseen, caused a difference of several thousands of dollars in our building expenses. We can cordially say, that the superintendent has been most anxious and remarkably successful in his endeavors to reduce the expenditures, and conduct the business of the hospital in such way as would most promote its welfare, and the best interests of the State, and we most cheerfully bear our testimony to his untiring zeal, watchfulness, and exertion in behalf of the great public charity which is placed in his charge. We are pleased also to express our satisfaction with the efficient and faithful manner in which the assistant physician and other officers have discharged the various and often exhausting duties with which they have been entrusted.

The board would respectfully recommend to the legislature, that the law of the State in relation to payments by the towns be so amended that the bills of the hospital for the support of the insane poor be paid quarterly, in advance, as is the case in regard to "indigent" and private patients.

Referring to the action of the last General Assembly in regard to providing accommodations "as soon as practicable" for insane convicts, the board would state, that owing to want of funds and time, no special or distinct provision has been made for this class of patients. Our center and north buildings were not finished until the first of March; and the carpenter's shop, which the trustees had thought of remodeling and adapting for this purpose, was in constant

use up to that date, at which time our funds were exhausted. Three men previously discharged from State Prison have been sent here from the towns, two of whom have been discharged from the hospital, cured.

The increasing wants of the hospital occasioned by the large additions to its family, require additional facilities for the cultivation and preservation of the products of the farm thereto attached. It is proposed, therefore, to develop all its capabilities for the use of the patients. To do this most economically, a barn sufficiently large to provide shelter for stock, tools, and implements, storage for hay, grain, fruits, and roots, should be built. Such a building, constructed of wood in the most suitable and economical manner, is estimated to cost about $8,000. We think it ought to be generally understood, that the hospital, aside from the cost of its construction, is already, with less than two hundred and fifty patients, self-supporting; and that an increased number, provided there were any room or accommodations for them, would assure this condition against all ordinary contingencies.

The thanks of the board are due, and are hereby tendered, to many friends — some of them connected with the press — for liberal donations of books, pictures, and papers. All these furnish entertainment and occupation to the patients; and it is not too much to say, that they sometimes contribute in no inconsiderable degree to the grand object of the hospital, *viz.*, the recovery of those who are committed to its care. The names of these benefactors of our charge will be found at length in the superintendent's report.

In conclusion, the board of trustees would congratulate the legislature, and the people of the State generally, upon the successful results of this noble charity, which have thus far been obtained. Time, in its onward course, will confirm and extend these, and will show more and more conclusively the necessity of such an institution. It will also justify, and more than justify, the liberal and enlightened policy which has characterized the legislation and the public sentiment

of Connecticut for four years past. We would moreover express the fervent hope that "a work begun in a spirit of so much and such commendable liberality," may ever continue to enjoy the fostering care and the unwavering favor and protection of the State government. Much, very much, has been done, but more remains to do, and we would therefore respectfully and earnestly invite your early attention to the subject of completing the hospital in accordance with the original design.

When this is done, and the whole number for whom this institution was intended shall be accommodated, there will still be large numbers of this unfortunate class of sufferers, for whom no provision will have been made.

We have the honor herewith to submit our report, and with it that of the superintendent and treasurer.

Respectfully,

JAMES E. ENGLISH,	*New Haven.*
H. SIDNEY HAYDEN,	*Hartford County.*
LEVERETT E. PEASE,	*Tolland* "
S. G. WILLARD,	*Windham* "
B. W. TOMPKINS,	*New London*"
WM. B. CASEY,	*Middlesex* "
R. S. FELLOWES,	*New Haven* "
CURTIS T. WOODRUFF,	*Fairfield* "
ROBBINS BATTELL,	*Litchfield* "
BENJ. DOUGLAS,	*Middletown.*
JULIUS HOTCHKISS,	"
JOSEPH CUMMINGS,	"

Middletown, April, 1868.

REPORT OF SUPERINTENDENT.

GENTLEMEN:

In presenting my report as superintendent of the State institution under your care for the year now past, and ending March 31, 1869, it may be well to consider, first, the medical and statistical history of the hospital; and secondly, the building operations of the past twelve months.

Agreeably to the promise in your last annual report, and to the announcements published in all Connecticut daily and weekly papers during the month of April, the hospital was regularly opened for the admission of male patients on Thursday, April 30, 1868, just thirteen months after the first work was begun in excavation of the site.

It must be a source of gratification to those philanthropic gentlemen, who, by votes in the General Assembly, and by other valuable services, have been instrumental in establishing, on a liberal scale, a State hospital for insane of all classes, to know that their action has been promptly appreciated by the people of Connecticut, as shown by the following record.

There have been admitted during the eleven months to this date, two hundred and sixty-eight (268) patients; one hundred and sixty-five (165) males, and one hundred and three (103) females.

In the act of incorporation, provision is made for three classes of patients: pauper, indigent, and private; one hundred and sixty-eight (168) pauper patients, seventy-six (76) indigent patients, and twenty-four (24) private patients have been under treatment. Of this whole number, twenty-five (25) were discharged recovered, eleven (11) were discharged much improved, six (6) were discharged not improved, two (2) were found to be not insane, and of course

immediately sent from the hospital, and fifteen (15) died, leaving the number in hospital to-day two hundred and nine (209), of whom one hundred and seven (107) are males, and one hundred and two (102) are females. It has been the experience of all new State institutions of the kind, that its first occupants in undue proportion are aged persons, and old chronic cases, and death are unusually frequent. In this respect we have been no exception to the rule.

TABLE SHOWING THE AGES OF ALL CASES ADMITTED.

	Males.	Fem.	Total.
Under 20 years,	7	1	8
Between 20 and 30 years,	38	17	55
" 30 and 40 "	40	25	65
" 40 and 50 "	31	27	58
" 50 and 60 "	23	7	30
" 60 and 70 "	18	21	39
" 70 and 80 "	6	5	11
" 80 and 90 "	2	0	2
Total,	165	103	268

TABLE SHOWING DURATION OF INSANITY PREVIOUS TO ADMISSION.

	Males.	Fem.	Total.
Less than 3 months,	36	5	41
Between 3 and 6 months,	11	6	17
" 6 and 12 "	12	2	14
" 1 and 2 years,	13	8	21
" 2 and 5 "	26	12	38
" 5 and 10 "	19	11	30
" 10 and 20 "	22	17	39
" 20 and 30 "	8	3	11
Over 30 years,	1	7	8
Unknown,	17	32	49
Total,	165	103	268

From these tables it will be seen that little hope of recovery can be entertained respecting a large proportion of those already admitted. General debility, advanced age, and long duration of disease have been the most common characteristics; twenty-two aged, paralyzed patients were brought to us enfeebled and helpless; two were blind, and one each had

lost a leg and an arm. As the hospital wards are already filled to their utmost capacity, and several applications for admission are now on file, I deem it but just to inquire what additional provision should be made? In order to secure to the people of this State the benefits of the hospital to all who need its care, a large extension to the buildings should be made at the earliest practicable day. Recent cases of insanity always claim the first attention, and should be treated as promptly as those suffering from any other acute disease. Economical considerations, if no other, dictate the reasonableness of this course. The experience of the past fifty years proves that of all recent cases of insanity brought under treatment during the first three months, eight tenths are restored to health and reason before the expiration of the year, while not more than two-tenths recover when several months are allowed to pass before the patient is placed under systematic hospital treatment. Another fact that should have its due weight in estimating the value of hospital treatment is, that patients who recover after a long period of insanity, are more liable to a return of the disease.

TABLE SHOWING THE NATIVITY OF THOSE ADMITTED.

	Males.	Fem.	Total.
Connecticut,	96	50	146
New York,	9	8	17
Massachusetts,	3	1	4
Rhode Island,	3	1	4
Virginia,	1	1	2
North Carolina,	1	0	1
Pennsylvania,	1	0	1
Vermont,	0	1	1
New Jersey,	0	1	1
Ireland,	34	26	60
Germany,	5	2	7
Scotland,	2	0	2
England,	1	3	4
Cuba,	0	1	1
Prussia,	0	2	2
Unknown,	9	6	15
Colored,	3	0	3
Total,	165	103	268

TABLE SHOWING CIVIL CONDITION OF THOSE ADMITTED.

	Males.	Fem.	Total.
Single,	84	34	118
Married,	62	32	94
Widowed,	15	18	33
Unknown,	4	19	23
Total,	165	103	268

TABLE SHOWING OCCUPATION OF MALE PATIENTS ADMITTED.

Farmers,	45	Shipcarpenter,	1
Laborers,	18	Sail maker,	1
Machinists,	7	Carriage maker,	1
Carpenters,	6	Student,	1
Sailors,	5	Telegraph operator,	1
Mechanics,	6	Pilot,	1
Merchants,	4	Carman,	1
Shoemakers,	4	Blacksmith,	1
Clerks,	4	Knitter of Hosiery,	1
Harness makers,	3	Druggist,	1
Quarrymen,	3	Cabinet maker,	1
Sash and Blind makers,	2	Lawyer,	1
Barbers,	2	Clergyman,	1
Tinsmiths,	2	Superintendent of Factory,	1
Spinners,	2	Book dealer,	1
Hostlers,	2	Pump maker,	1
Landlord,	1	Ship merchant,	1
Physician,	1	Moulder,	1
Tailor,	1	Printer,	1
Table-waiter,	1	Paper maker,	1
Express agent,	1	Foundryman,	1
Bookkeeper,	1	Wheelwright,	1
Manufacturer of silver plate,	1	Currier,	1
Teacher,	1	Chemist,	1
Grocer,	1	No employment,	17
		Total,	165

TABLE SHOWING THE SUPPOSED CAUSE OF INSANITY OF ALL CASES ADMITTED.

	Males.	Fem.	Total.
Intemperance,	12	0	12
Over exertion,	4	3	7
Epilepsy,	5	3	8

	Male.	Fem.	Total.
Exposure while in the army,	3	0	0
Religious excitement,	4	2	6
Business anxieties,	2	0	2
Death of friends,	2	0	2
Disappointed affections,	1	4	5
Physical injury,	5	4	9
Ill health,	2	4	6
Spiritualism,	1	0	1
Hard study,	1	0	1
Sunstroke,	2	0	2
Paralysis,	2	0	2
Typhoid fever,	1	1	2
Inflammation of the brain,	1	0	1
Hereditary predisposition,	24	9	33
Syphilis,	2	0	2
Masturbation,	11	0	11
Puerperal,	0	4	4
Domestic difficulties,	0	11	11
Fright,	0	1	1
Jealousy,	0	2	2
Unknown,	80	55	135
Total,	165	103	268

I report the admission of two patients who were not insane: one, an idiot boy twelve years of age, was sent by the Judge of Probate of the Waterbury district, under a mistaken impresssion that idiocy forms a phase of insanity. As other provision has been made by the State for the reception of this class of unfortunates, and as injury to the insane would result from contact with a class so entirely depressing in its influence, the boy was by your direction discharged unconditionally, although he remained a few weeks in the hospital, waiting for his friends to make other arrangements for him.

The other case was of a nervous, irritable, quick, good-tempered man, who from eccentric habits and peculiar physique might easily be mistaken for an insane person. After carefully considering the facts of this case, and reporting them to you, he was by your direction discharged, and I learn has since conducted himself in a manner to fully justify your action.

The general health of the patients during the past year has been remarkably good. No deaths have occurred as results of acute or endemic disease, and while epidemics have prevailed in the surrounding districts, we may report immunity from all contagious or pestilential affections. This happy result is largely due to a new building, improved methods of ventilation, and an abundant supply of pure spring water.

Of the fifteen deaths reported during the year, two were from paralysis. One of these received spinal injury several years ago, while working on the dyke at Hartford, since which time he had been steadily declining until death relieved him of pain and suffering. The second was a well-marked case of reflex-paralysis, a class of diseases so ably described by Dr. S. Weir Mitchell of Philadelphia. The loss of motion followed direct inguinal hernia in an excitable German, aged sixty-five.

Death occurred as the result of general paresis, in three male patients, all of whom had the characteristic symptoms peculiar to this insidious disease. One was the proprietor of a popular inland hotel: his delusions were of an exalted character respecting wealth and position. During the last few weeks preceding death, his imaginary income increased from eight hundred to eight millions of dollars per day, and he would make the most lavish promises to all around him. Another strong hallucination that all of the patients were his sons and daughters, continued to the last. Of two deaths from senile debility, one, aged eighty, was brought to the hospital in a helpless condition, and only survived forty days; the second, aged seventy-one, came covered with foul ulcers; his delusions were of an exhilarating nature, and up to the time of death, which occurred forty-three days after admission, he was always found by attendants and physicians either singing or whistling. We have to report two deaths from tuberculosis, an unusually small proportion of the number of insane under treatment.

Epilepsy was the cause of the death of a young man, aged twenty-two. While under treatment the convulsions were

controlled by the steady and persistent use of bromide of potassium.

Death from exhaustion caused by inanition, occurred in a male patient aged fifty-five years. Before coming to the hospital he persistently refused food, and was supported by forced alimentation. I would remark that we have two patients at the present time who have been artificially nourished for three months.

One patient, aged forty-five, was brought to the hospital in an unconscious condition, convulsed tetanically, who survived five days. One death resulted from apoplexy. A post-mortem examination disclosed blood and blood-clots in all the ventricles. I report one death by suicide ; also one death by violence. The facts of this sad case are, that on opening, at the early hour of six o'clock, an associate dormitory in the female department, where five "quiet dements" had been sleeping, the attendants found one patient in a dying condition from injuries received at the hands of a room-mate. She died in about five hours afterward. The regular night-watchmen had been his rounds only a half-hour before, and found all quiet, which, with other circumstances, goes to show that the violence could have occurred but a short time previously. A coroner's inquest was held, and a verdict rendered in accordance with the facts.

In all hospitals for the insane it is the practice to group patients of certain morbid propensities. It is the result of experience that they exert a salutary check on each other. Since the time that the northern wing was opened on the first of March, the female patients have arrived in large numbers daily, and it was impracticable to have immediate knowledge of each particular case. The patient who inflicted the injury has the appearance of being entirely inoffensive, and is unconscious of having committed the dreadful and fatal deed.

Up to the present time the means of affording amusements to convalescent patients have been limited, owing to the unfinished and exposed condition of the grounds. We were

able during the summer months to have walking-parties of from five to thirty persons, under the care of attendants, on every pleasant day; others have engaged in field and garden labors, while some have chosen more exhilarating sports, as base ball, etc. A much-needed want for the recreation of patients during inclement weather was supplied by the liberal contributions of a few gentlemen. There is also a library and reading-room always open to patients, with about three hundred volumes, gifts of benevolent ladies of Middletown, to whom acknowledgments are made on another page.

Religious services have been held every Sabbath afternoon at three o'clock, much to the advantage, comfort, and benefit of the patients, an unusually large proportion of whom have been present at the services. Acknowledgments are due to the reverend gentlemen of Middletown and surrounding places, who have cheerfully devoted their time to this benevolent purpose.

With the completion of the plastering and flooring of our beautiful chapel, which has just been done through the liberality of two of your number, will be inaugurated a series of religious and intellectual entertainments, from which we anticipate much benefit.

Early in the year I availed myself of a rare opportunity to purchase a fine church organ at a greatly reduced price, and have in response to applications made to personal friends, and others who feel a deep interest in this institution, received about $1,000 of the $1,200 required to pay for the same. Our thanks are due to the following named gentlemen who have contributed to this praiseworthy object:

George H. Norman,	Newport, R. I.
Isaac Anderson,	New Haven, Conn.
Dr. James K. Bates,	Watertown, N. Y.
Addison Hutton,	Philadelphia, Pa.
Hon. Benjamin Douglas,	Middletown, Conn.
George Gillum,	Portland, Conn.
Messrs. Brainard & Co,	" "
W. T. Gleason,	" "

H. P. Blair,	Hartford, Conn.
Messrs Hubbard Bros.,	Middletown, Conn.
Messrs. Burrows & Hubbard,	" "
Messrs. Southmayd & Gardiner,	" "
O. Vincent Coffin,	" "
Robert G. Pike,	" "
W. S. Camp,	" "
E. F. Sheldon,	" "
D. W. Camp,	" "

In addition to this useful gift, the following donations have been received during the year:

A fine seven-octave piano, forty valuable books and pamphlets, and one hundred dollars to purchase books for the library, from Mrs. S. D. Hubbard; a complete set of Dickens' works, Globe edition, and a number of green-house plants from Miss Clarke; two large engravings from Mrs. Benjamin Douglas; an exquisitely tinted illumination, together with a number of books, from M. B. Copeland; a complete set (16 vols.) of the New American Cyclopedia, published by D. Appleton & Co., New York, from H. L. Brainerd, Haddam, general agent for Connecticut; books and plants from Miss Tompkins; two engravings from E. Rockwell; the New York *Daily Sun*, illustrated magazines, papers and periodicals from C. E. Putnam; fifty Bibles from the Middletown and Vicinity Bible Society; plants in pots from Miss Woodward; valuable specimens for the museum from Geo. Stearns. In addition to the above a large number of interesting books have been received from Miss Fanny Russell, Miss Mary Roberts, Miss Mary J. Edwards, Hon. J. Hotchkiss, R. S. Fellowes, Dr. Woodward, Dr. Casey, Dr. Blake, Wm. S. Camp, and from three other persons, whose names were not obtained. From New Haven, we have two beautiful hanging baskets for the wards, the gift of Mrs. E. C. Reed; also several valuable framed pictures from R. S. Fellowes, who also, it gives me pleasure to mention, bore the entire expense of plastering the chapel, at a cost of about seven hundred dollars.

Two valuable Spanish fowls were presented by Samuel Jackson of Portland; two fine pigs by Dr. Pliny Earl, Superintendent Northampton Lunatic Hospital, and J. H. Tieman of New York has supplied us gratuitously with laundry blue.

We are under obligations to the newspaper press for the subjoined list of papers received during the year:

Hartford Daily Courant,	Hartford, Conn.
" Evening Post,	" "
" Weekly Times,	" "
The Religious Herald,	" "
New Haven Evening Register,	New Haven, Conn.
" " Daily Palladium,	" " "
Loomis' Musical Journal,	" " "
The Constitution,	Middletown, "
Sentinel and Witness,	" "
Norwich Gazette,	Norwich, "
" Weekly Courier,	" "
" Daily Advertiser,	" "
Norwalk Weekly Gazette,	Norwalk, "
New London Chronicle,	New London, "
Meriden Daily Republican,	Meriden, "
Litchfield Inquirer,	Litchfield, "
Winsted Herald,	Winsted, "
Tolland County Journal,	Rockville, "

BUILDING OPERATIONS.

Standing at this point which is removed from the commencement by a period of only two years, we can now report the completion of the hospital, with the exceptions hereafter named, so far as authorized by legislative appropriations.

Referring to the accompanying plan, it will be seen that a center building, two intermediate and two return wings constitute the main building; in the rear are placed the laundry, boiler-house, and shops. In your last report to the General Assembly was given a detailed description of the southern wing. As the northern wings have been finished after the same general plan, with but minor changes in the arrangement of rooms and appurtenances, a repetition of the description would be superfluous at the present time; it only remains

for me now to direct your attention to the center building. The dimensions of the center building are sixty feet in width, one hundred and twenty feet in depth, and four stories in height. The first or basement floor traversed the entire length by a hall twelve feet in width, is separated into one large and one small kitchen, one scullery, two dining-rooms, two rooms for housekeeper and assistants, one store-room, and two rooms with closets adjoining for steward's family. The large kitchen is furnished with a French range thirteen feet in length, a steak-broiler, two eighty and four forty-gallon iron kettles, and two twenty-gallon copper-jacketed coffee kettles, all of which were manufactured by Messrs. Bramhall & Dean of New York.

The second or principal story, which is only entered from the front, contains on the north a room for the meetings of the board of trustees, a reception room for female patients, an apothecary shop, and apartment for the assistant physician; on the south the superintendent's office, clerk's office, reception room for male patients, and matron's room. One-half of the third floor is finished as a chapel, which is forty-two feet in width, fifty-eight feet in length, and twenty-two feet in height, with ceilings arched on the four sides. The superintendent's rooms are also on this floor.

The fourth or Mansard roof story contains rooms for the domestics, a bath, and four spare rooms. Between this and the roof there is a large attic, which may at some future time be finished for an amusement hall.

Agreeably to your original plan, four hydraulic washing machines of Hamilton E. Smith's patent were placed in the laundry, and have been in successful operation, to the entire satisfaction of all concerned. During the month of August your committee contracted for a small trunk engine, and two wrought-iron sectional boilers, manufactured by Messrs. John B. Root & Co., of New York. The distinctive advantages claimed for these boilers are safety from destructive explosion, highest economy of fuel, and durability. An experience of five months have fully justified the expectations of your committee respecting these boilers.

In the month of July a contract was entered into with parties at Albany, N. Y., to furnish planed and matched white pine boards, with which to form our permanent inclosures. During the time since intervening, this material has been seasoning and is now in fine condition to be used. For this purpose the sum of $2,000 will be needed. Two thousand dollars ($2,000) will be required to finish and furnish the chapel as heretofore described. The sum of two thousand eight hundred dollars ($2,800) will be needed to complete the small porch of the northern wing, and the main porch of the center building.

In response to your report, the General Assembly promptly voted the sum of $200,000, as follows: $41,000 to pay outstanding bills; $50,000 to cover the amount previously secured on trustees' notes; $15,000 to purchase furniture, and $94,000 to finish the center building, northern wings, laundry and boiler-house. This large sum has been wholly expended, and we still have outstanding liabilities to the amount of $18,543.28.

LIST OF CREDITORS.

Burrows & Hubbard, Middletown.
New York Laundry Manufacturing Company.
E. K Bancroft & Co., Philadelphia.
John B. Root & Co., New York.
I. L. Mott Iron Works, New York.
U. S. Spring Bed Company, Springfield.
Tuttle & Bailey Manufacturing Company, New York.
Bowditch & Co., New Haven.
Mallory, Wheeler & Co., New Haven.
Morris, Tasker & Co., Philadelphia.
Charles Douglas, Hartford.
Burkett & Ives, Hartford.
Talcott & Post, Hartford.
H. Woodward, Middletown.
B. C. Bacon, Middletown.
H. B. Smith & Co., Westfield, Mass.
Shaler & Hall Quarry Company, Portland.
Middlesex " " "
Brainerd & Co. " " "
Hubbard Brothers, Middletown.
H. P. Blair, Hartford.
Addison Hutton, Philadelphia.

To you, gentlemen, who are familiar with all the details of our last year's work, I need hardly explain why there should exist any discrepancy between the estimates and the actual results. The estimates were based on the experience of 1867, at which time mechanical labor of all kinds was sixteen per cent. lower than during the past year, as shown by vouchers at this office. This advance, which could not have been foretold, caused a difference of many thousands of dollars in our building expenses. In the management of the affairs of the institution under your direction, involving the expenditure of so large a sum of money, the superintendent has endeavored to conduct his business so that in all things the interest of the State should be carefully guarded. Believing that the hospital was not started to build up any particular town or district, but rather that the interest of the tax-payers required that purchases should be made on the most advantageous terms possible, he has, in nearly all cases, purchased at wholesale, in open market, and in no instance has a dollar of the public money been expended when the expenditure was not needed, or for which a full equivalent was not received.

The disbursements for current expenses and building operations for the fiscal year ending March 31, 1869, amounted to one hundred and ninety-two thousand six hundred and ninety-six dollars and ninety-three cents ($192,696.93).

Salaries of officers,	$4,081.87
Pay of mechanics and laborers,	62,191.76
Pay of house employes,	5,284.78
Stationery, postage, revenue stamps, and blank books,	449.14
Furniture and fixtures,	16,426 62
Fuel and lights,	6,953.92
Lumber, lime, cement, hair, paints, oil, putty, wood, sash, and doors,	27,444.70
Stone, brick, and sand,	22,333.33
Slate, lead, sheathing, and putting on roof, tinner's bill, roofing conductors, and putting on,	4,478.88
Trustees' expenses (traveling),	156.02
Superintendent's board,	324.93

Iron sash, arch plates, work on sash patterns, shafting, blacksmithing, iron beams, lightning rods, roof and stage bolts, piping, etc.,	$3,451.73
Shovels, hoes, picks, saws and saw-tables, boring machines, locks, screws, registers, soil pans, etc.,	2,522.37
Boiler, steam pump, pipe and fittings, radiator and hair felt,	10,712 49
Horses, wagons, sleighs, harness, hay and feed, mowing machines and rake, manure, etc.,	1,921.64
Water-works,	4,632.11
Architects' accounts, plans, etc., printing, advertising, insurance, etc.,	1,969.71
Bread stuffs,	2,887.67
Meat, fish, and eggs,	2,761.55
Butter,	2,147 33
Groceries,	2,391.54
Clothing,	1,011.70
Live stock,	1,464.00
Freight and transportation,	3,465.54
Drugs and medicines,	369 05
Undertaker's bill,	161.75
Miscellaneous expenses, traveling, telegrams, etc.,	661 80
	$192,696.93

I would respectfully suggest that the best interests of the State would be promoted by a change of the law, so that the bills of the hospital for town poor be paid in advance, as is the case of indigent and private patients.

During the past year a small part of the hospital land has been under garden cultivation, producing a considerable quantity of vegetables. The greater portion of the farm was leased to the former owners for the sum of $600, while we had not the adequate force or arrangements to till it. With the present large additions to the hospital family, and the necessarily increased demand for milk and vegetables of all kinds, it will now be advisable to cultivate all the land belonging to the institution. I earnestly recommend the erection of a barn large enough to provide shelter for stock, storage for hay, grain, and roots of all kinds used for the diet of our patients. Economy, as well as necessity, require an additional $8,000 for this purpose.

Acknowledgments are due to the officers associated with

me in this great public charity for the efficient and faithful manner in which they have performed the duties of their several positions.

I should also be derelict to duty did I not in closing express my commendation of the valuable services of those who are employed in the immediate care of the insane. As they have to bear with the irritability and often abusive language of the patients, their duties are not only laborious, but peculiarly trying, and for this reason they are deserving of far more praise then they generally receive from the public.

Permit me in conclusion to express my grateful sense of obligation to the members of the board for their oft experienced counsels and confidences in these laborious and responsible duties. Relying upon their ready assistance in the future, and with unfaltering trust in a Divine Providence, I look forward with hope to the duties of another year.

Respectfully submitted,

A. M. SHEW, *Superintendent.*

Middletown, Conn., March 31, 1869.

TREASURER'S REPORT.

The following statement of the fiscal concerns of the General Hospital for the Insane of the State of Connecticut, for the year commencing April 1, 1868, and ending March 31, 1869, is respectfully submitted to the board of trustees:

RECEIPTS.

Balance in the treasurer's hands April 1, 1868,	$282 79
Amount borrowed on individual notes given by the trustees,	20,000.00
Appropriation of the State of Connecticut,	200,000.00
Interest allowed on the anticipated payment of the $50,000 notes given by the trustees,	207 41
Revenue account from the hospital,	16,777.71
	$237,267.91

PAYMENTS.

Amount of individual notes given by the trustees,	$50,000.00
Interest paid on notes given by trustees,	323.61
Amount of superintendent's orders,	185,914.99
Balance in the treasurer's hands, March 31, 1869,	1,029 31
	$237,267.91

All of which is respectfully submitted,

M. B. COPELAND, *Treasurer.*

MIDDLETOWN, CONN., March 31, 1869.

I hereby certify that I have examined the vouchers and accounts of the treasurer, of which the above is an extract, and found them correct.

JULIUS HOTCHKISS, *Auditor.*

MIDDLETOWN, April 28, 1869.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The trustees of the General Hospital for the Insane make to your honorable body the fourth annual report of the institution under their charge.

The annexed report of the superintendent, with tables of statistical details, presents clearly the history of the hospital for the year ending 31st of March, and the accompanying report of the treasurer shows the financial condition of the institution at that date.

From the report of the superintendent will be seen the pressing need of more rooms to accommodate the insane of this State.

The extension of the building in two wings, according to original approved plans, which have been presented to the legislature in lithographs in previous reports, and are again copied in this, would furnish the needed room.

An additional report, with full particulars of cost of such extension, may be brought to your notice during the session.

The administration of the affairs of the institution, both medical and economical, has been satisfactory. We are gratified to commend the faithfulness and efficiency of those in official positions.

We are called to record the first breach in our number by death. Wm. B. Casey, M.D., late member of this board for Middlesex county, died in the latter part of March. Dr. Casey was intimately connected with all of the measures of locating, building, and organizing the hospital. His warm interest in the work and useful counsels will long be remembered.

We regret to mention that our associate, Rev. Curtiss T. Woodruff, member for Fairfield county, has removed from the State. Mr. Woodruff has been indefatigable in his duties as trustee, and has faithfully acted from the beginning of the work as secretary of the board. He has been present at nearly every meeting, inspiring all with his own cheerful energy.

In order to profit by the lowest prices of the markets in the very considerable purchases required for so large an institution, it is needful to buy with ready cash. To do this, and thus to keep the commercial credit of the State hospital at the highest point, several of the trustees united to provide a cash capital of $25,000, which sum was borrowed on the notes of individuals, members of the board, for the uses of the hospital, from two savings banks in Middletown. The advantage of such a money provision will be evident to all.

A finance committee, compose of members from Middletown, meet monthly, or oftener, to order supplies and direct payments of all moneys.

Your trustees respectfully recommend that a law be passed ordering payments *in advance*, by the State, for the State's proportion of the amounts paid for board, etc., of pauper and indigent patients, and also by the towns for their proportions for town paupers. Payment in advance is already required by law from friends of indigent patients for their proportions, and also from private patients. It sometimes happens that bills for board at the end of the quarters are not promptly met. When several small sums are thus withheld, the aggregate forms an amount which it is inconvenient for a new institution like ours to be kept out of.

The places on the board made vacant by the decease of the member for Middlesex county, and by the resignation of the member for Fairfield county, need to be filled by the legislature.

The terms of service of the member for New London county and of the member for Windham county expire with this year. We respectfully ask that they be re-chosen.

MARSHALL JEWELL,	*Hartford.*	
S. G. WILLARD,	*New London*	*County.*
J. TRACY,	*Windham*	"
R. S. FELLOWES,	*New Haven*	"
CURTISS T. WOODRUFF,	*Fairfield*	"
ROBBINS BATTELL,	*Litchfield*	"
H. SIDNEY HAYDEN,	*Hartford*	"
L. S. FULLER,	*Tolland*	"
BENJAMIN DOUGLAS, JULIUS HOTCHKISS, JOSEPH CUMMINGS,	*Middletown.*	

April, 1870.

REPORT OF SUPERINTENDENT.

GENTLEMEN :

I have the honor herewith to make to you the annual report of patients admitted and discharged at this hospital, and to present statistical tables, beginning March 31, 1869, and ending April 1, 1870.

This period embraces the first entire year of systematic classification and treatment of both sexes in the two wings of the institution, and has terminated in a manner to awaken renewed thankfulness and gratitude to Almighty God. The general health of the officers, employes, and patients has been remarkably good; neither epidemic or endemic disease has affected us, and we can report immunity from any case of suicide or homicide. The number of persons benefited by treatment in the institution has steadily increased; its usefulness in the community has perceptibly extended, and by a careful system of economy, the hospital has met its ordinary expenses, leading its officers to believe that the low price of board established by you is one which will not need to be changed for a long time. All the bills of the institution to 1st of April have been paid. Its only obligation is to a number of the board of trustees, who joined in providing a certain sum or capital to furnish means for cash purchases.

At the date of the last report there were remaining two hundred and nine (209) patients, of whom one hundred and seven (107) were males and one hundred and two (102) were females.

There have been admitted during the twelve months to this date, one hundred and thirty-four (134) patients; seventy-eight (78) males and fifty-six (56) females.

Of this whole number, three hundred and forty-three (343),

forty-three (43) were discharged recovered, eighteen (18) were discharged much improved, twenty-seven (27) were discharged not improved, twenty-one (21) died, and two were found not to be insane, leaving the number in hospital to-day two hundred and thirty-two (232), of whom one hundred and fourteen (114) are males and one hundred and eighteen (118) are females. The daily average during the year is 225.27. Of the three classes for whom provision is made in the act of incorporation there are at present one hundred and sixty-five (165) pauper patients, fifty-seven (57) indigent patients, and ten (10) private patients. In accordance with the spirit of the law regulating admissions, the superintendent is bound to act impartially in receiving all classes, irrespective of condition, giving always preference to persons in the order of application. This just rule has in a few instances been a source of trial to the officers, and of disappointment, as well as extra expense, to town authorities.

No one can regret more than the officers of the hospital its inability to receive all from the State who apply to this State institution. The demand for increase of accommodation is daily felt to be a pressing one. On the 31st of March there were sixty-two (62) applications on our files for admission which *could not* be received from mere want of sleeping-room, and we know of many who would apply if there were a chance of their getting in. We are in the condition of a railroad company in possession of a good track, sufficient locomotives, well-built stations, and some cars, but not enough to carry all the passengers who apply. As in the case supposed, only car-room is needed; so in our case only chamber-room is needed.

We have, as you know, kitchen accommodations and heating and water power enough, and all the organization and auxiliaries for five hundred patients, but room only for a few over two hundred. That I do not overstate the probable number requiring places in your hospital, let me say that by the New York State Commissioner's report there ought to be in this State one insane person to every four hundred and

fifty of the inhabitants. With a population of six hundred and fifty thousand inhabitants, this estimate would occasion the need of accommodations in the State of Connecticut for over fourteen hundred insane. By the calculations of other States, the number would be thirteen hundred patients. But taking only one thousand as our calculation for the number in this State, we now have room for two hundred and thirty. In the excellent Hartford Retreat, under the superintendency of that able veteran in this specialty, Dr. Butler, there are rooms for one hundred and fifty, leaving more than six hundred unprovided for. How long the prosperous State of Connecticut will be willing to allow this disproportion between the numbers demanding aid of the hospitals and the room accommodations provided, the General Assembly will wisely judge.

Experience shows that treatment in early stages of the disease is attended with success in a majority of cases, while only a small proportion are restored to health and reason when several months are allowed to elapse before the patient receives systematic hospital treatment. Your superintendent has repeatedly been obliged to delay the admission of persons in this early stage of insanity, from one to three months, because the hospital wards were already crowded to their utmost capacity. As is the case with all newly-opened State institutions, this hospital forms no exception in having a large proportion of aged persons,— old chronic cases, who will probably require the care of this or a similar institution during their remaining lifetime. Chronic cases often require the most attention, and when at large are the most annoying to the public. This is especially true of cases of periodical insanity and epileptic mania.

During the year past a few cases of temporary insanity, resulting from improper use of alcoholic stimulants, have been sent to the hospital by legal authority. These persons are not, in the general acceptation of the term, insane; but, as they require some form of restraint, for their own good as well as that of their friends and the public, and as the State

has not made a separate provision for them, the officers of this hospital have felt obliged to admit all such in the regular order of application.

Twenty-one deaths occurred during the year. There were in April three (3), in May one (1), in June one (1), in July three (3), in August three (3), in October two (2), in November four (4), in February three (3), and in March one (1). Thus the number of deaths during the year equals 6 1-8 per cent. of the whole number under treatment. The disproportion of deaths between the sexes is noticeable, as only three have occurred among the women, the average number of whom in the hospital exceeds that of the men.

In the cases that have terminated fatally, we observe an undue proportion of deaths soon after admission. The excitement of removals, and the fatigue of journeyings, etc., are often prejudicial to insane patients. It is a matter of deepest importance that discrimination on the part of those who remove patients to the hospital be conscientiously, calmly, and wisely exercised. In deciding when to send, the judgment of a physician should always be obtained by friends and officials. This precaution would often prolong the lives of those whom they seek to benefit.

During the year one man, aged seventy, was brought to the hospital soon after an apopletic attack, and survived but two days. Another, with the same serious disease, lived only six days. A third, aged thirty-six, exhausted by acute mania, died on the sixth day after admission. Had this case been brought earlier, the probability is that the disease would by treatment have been arrested; but he should not have been removed at the time he was. Another, aged sixty-nine, having wearied out the attentions of friends, was brought to live with us only seven days. And another, aged forty-five, sent under legal authority when nearly worn away by acute pain, the result of schirrhus of the pylorus, survived twelve days. The last of this class, aged sixty-seven, exhausted by chronic mania, and confined to his bed from the day of admission, died in two weeks.

I firmly believe that in all of these cases the excitement and fatigue resulting from the journey to the hospital, not only hastened the time of death, but also destroyed whatever hope of recovery there may have been. It seems as though the anxiety of friends and common sense would suggest to thoughtful persons the importance of rest and quietness in such a condition of the disease, and prevent any removals in such crises.

Of the other fifteen deaths, two were the result of phthisis, two of general paresis, two of exhaustion of chronic mania, and one each of pneumonia, carbuncle, debility, inanition, cerebral effusion, senile decay, and strangulation in an epileptic paroxysm.

In this connection I ought, perhaps, to state a fact not sufficiently understood, that in the treatment of mental disorders little reliance is placed on the action of drugs. The prevailing favorable influence in the treatment of insane persons consists in removal from the influences previously surrounding them at home which may been active in causing the disease. Attempts of friends at control tend only to increase the inherent sense of arbitrariness while in the accustomed rooms and home. A powerful maniac, who has been the terror of family and community, will ordinarily quietly submit to the rules of an institution, and be guided and influenced by a kind word from an intelligent attendant who is an entire stranger. The earlier in the disease that this change is made, the greater are the chances of speedy and permanent recovery. The very fact of being a stranger among others having each peculiar delusions and habits, awakens new trains of thought and feelings, which end in a kind of self-examination and self-control with subsequent improvement. I have repeatedly been told by patients who had recovered, that their first consciousness of deviation from a supposed sane condition, was induced by comparisons of themselves with the insane companions in the wards. Apprehensions generally entertained by the inexperienced, that a mild case of derangement would be intensified by con-

tact with a large number similarly affected, is not confirmed in experience. On the contrary, in well-regulated hospitals, where attention is given to the classification of patients, to regularity in exercise, eating, sleeping, and amusements, beneficial changes are often soon recognized by the patients themselves, indicating that restoration to health has begun.

In these progressive stages of convalescence, too much praise can hardly be awarded to competent attendants, who act the part of friends, directing and encouraging the feeble intellect by kind and gentle acts, even when at first coldly received and perhaps unappreciated for months. It is during this stage that patients need to have their minds diverted and occupied by various amusements, or by light employments, chosen wisely to meet their characters. Our institution as yet is able to offer but few of the recreative amusements or employments possessed by older hospitals.

In the last report of the "Pennsylvania Hospital for the Insane," at Philadelphia, an institution erected and supported by Christian benevolence, without the aid of the commonwealth, mention is made, that "the pleasure grounds, embracing at the two departments almost one hundred acres of beautifully undulating land, with their fine trees and various improvements, and having nearly four miles of carriage-drives and as much brick or board walks, are invaluable as adjuncts in the proper managements of an institution for the insane, and scarcely any, no matter what may have been their mental or physical condition, have ever been here for any length of time without deriving positive benefit from their regular and daily use."

In addition to the above outdoor attractions, much has been done by Dr. Kirkbride within the past few years to afford varied evening and indoor entertainments. A large hall, adapted for lectures, concerts and gymnastic exercises, was provided mainly by the managers, at a cost of several thousands of dollars, and is in constant use. A large stock of photographic pictures, engravings, paintings, museum articles, books, and games, with billiard rooms and bowling

alleys, are the improved methods and appliances used in restoring to health this unfortunate class of afflicted humanity. Other hospitals than the one mentioned are now adopting these useful accessories to medical treatment.

We are encouraged with the progress made during the past twelve months in our own building and grounds. The number of books has much increased and the engravings, photographs, and lithographs which enliven our halls, speak of the friendly interest of generous citizens of this and other cities of this State. Beautiful plants, a fern-case and three aquaria attract patients, as they enter halls which are perhaps to be occupied by them as their homes for months. A few games of harmless nature are provided, and the billiard-room invites those who are sufficiently restored to understand and enjoy the play. One evening each week is devoted to music and social enjoyments, participated in by patients and attendants under the direction of the officers. During the winter, some friends, amateur performers, kindly furnished several vocal and instrumental concerts. Our acknowledgments for these are formally made in another place.

On the evening of the 24th December, our beautiful chapel was decorated tastefully. The exercises, at which were present more than two hundred of our patients, consisted in the reading of poetry, music, and in the distribution of presents from a Christmas-tree which had been prepared for the occasion. A more extended programme of lectures, concerts, and amusements has been prepared for the coming year, and it is hoped that our means for a liberal increase in this direction may increase from year to year.

Satisfactory progress in completing a variety of unfinished work, which, owing to want of funds, remained over from the previous year, has been made. At the head of this list in the order of importance, stands the chapel. This room, forty-four feet in width, fifty-seven feet in length, and twenty-two feet in height, was finished and furnished with the necessary furniture and fixtures, and it is all that could

be desired as an audience room. Before its completion, weekly religious services were held in one of the halls occupied by patients ; but since, the chapel has been regularly used on the Sabbath, to the advantage and comfort of our patients. Acknowledgments are gratefully and sincerely due to the reverend gentlemen of Middletown and vicinity, who have cheerfully and regularly conducted the services during the year.

In my last report your attention was directed to the importance of making provision for the protection of our stock and preservation of the farm products. Economy and necessity combined to require an additional appropriation for this purpose of eight thousand dollars, which was promptly voted by the last General Assembly. In August last, plans and specifications were procured, and contracts entered into with responsible parties to furnish timber and other building materials, and the building begun with prospect of early completion, but an unavoidable delay of six weeks was caused by the severe storm in October, which, it will be remembered, occasioned much damage and an unprecedented flood through the Connecticut valley. Owing to this unexpected casualty, the contractor was hindered in the work until late in the autumn. By employing a large gang of men, with his personal supervision, he completed the barn in a satisfactory manner during January.

The barn is situated on a slope two thousand feet in the rear of the hospital, and has a sub-cellar for pigs and manure, a commodious, well sheltered, and ventilated cellar (three sides above ground) to accommodate about forty cows, and a superstructure of wood fifty-six feet in width, ninety feet in length, and twenty-three feet in height, for the storage of hay, grain, and farming implements.

Owing to the exposed condition of our grounds surrounding the hospital, much annoyance has been experienced ; but an early completion of the permanent inclosures, which were commenced and nearly finished during the last season, will obviate this and secure to patients the desired seclu-

sion. With this needed protection we expect to allow all of our patients the freedom of the grounds much of the time during the pleasant months of the year.

Ample space for exercise is afforded to the most excitable patients, in two large yards which have been inclosed in connection with the lower halls.

In the month of August a contract was made for the completion of the main porch of the center building and of the small porch of the north wing.

Our farmer, Mr. Clinton B. Weatherbee, has had under cultivation the larger part of the hospital farm, which, with the pastures and meadows, has produced a total of products valued at five thousand dollars, and of which a list is appended:

Hay,	88 tons.	Lettuce,	
Corn fodder (say),	10 "	Beets, green,	18 bushels.
Corn,	300 bushels.	Melons,	500 lbs.
Potatoes,	1,450 "	Winter squash,	3 tons.
Carrots,	125 "	Pumpkins,	4 "
Beets,	36 "	Radishes,	200 bunches.
Onions,	13 "	Cabbage,	252 heads.
Turnips,	300 "	Peaches,	1 bushel.
Parsnips,	15 "	Pears,	7 "
Beans, white,	7½ "	Apples,	21 "
" string,	26 "	Celery,	1,000 lbs.
" pole,	28 "	Veal,	120 "
Peas,	18 "	Pork,	4,434 "
Sweet corn,	188 "	Eggs,	657 doz.
Cucumbers,	26 "	Chickens,	325 lbs.
Tomatoes,	42 "	Milk (grass made),	11,648 quarts.
Summer squash,	100 "		

Mr. Weatherbee reports the weight of the hogs butchered, as follows: 279, 500, 312, 300, 300, 406, 360, 311, 341, 305, 250, 270, 601; total, 4,434 pounds.

Aside from the actual cash value of these products, opportunity for labor has been afforded to some of our patients, and has been of substantial benefit to a number of convalescents who have found healthful employment during the summer months. I mention particularly the instance of a nervous, excitable monomaniac, who chafed under the usual restraints

of hospital life, but was comparatively quiet, contented, and happy when allowed the freedom of the farm.

This is one of the practical and incidental benefits of farm work in hygienic treatment. It is doubted whether the labor of the insane can be made pecuniarily profitable. Experience thus far shows that a small proportion only of the entire number are physically strong enough to endure continuous manual labor.

ACKNOWLEDGMENTS.

We are under renewed obligations to the newspaper press for the subjoined list of papers received during the year:

Hartford Daily Courant,	Hartford, Conn.
" " Post,	" "
" Weekly Times,	" "
The Religious Herald,	" "
Conn. General Advertiser,	" "
New Haven Evening Register,	New Haven, Conn.
" Morning Journal & Courier,	" "
" Weekly Palladium,	" "
" Loomis's Musical Journal,	" "
Watson's Art Journal,	
The Constitution,	Middletown, Conn.
Sentinel and Witness,	" "
Norwich Daily Advertiser,	Norwich, "
" Weekly Courier,	" "
Norwalk Weekly Gazette,	Norwalk, "
Meriden Daily Republican,	Meriden, "
Tolland County Journal,	Rockville, "
The Winsted Herald,	Winsted, "
The Spirit of Missions,	New York, N. Y.
Forney's Weekly Press,	Philadelphia, Pa.
Litchfield Inquirer,	Litchfield, Conn.

If those having the control of newspapers in our State could see how eagerly these daily and weekly visitors are looked for, and how much they do to promote the comfort and welfare of our patients, it would not be necessary for me to appeal for their assistance.

It is a source of gratification to the superintendent to report an increasing disposition on the part of the public to manifest their interest in this benevolent work, by contribu-

tions of various kinds for the wants of the patients. During the year we have received many tokens of this kind: seventy-five dollars to purchase books for the library from "a lady friend"; a beautiful rustic stand and basket of plants from Mr. Wm. E. Hubbert; four trees from Prof. Johnston; plants and flowers from Miss Tompkins; also from Miss Payne; five dollars and a steel engraving in gilt frame entitled, "Old Age," from Mrs. Samuel C. Hubbard; a fine large engraving from Mr. W. W. Wilcox; three large engravings from Mr. R. L. de Zeng; one hundred lithographs from that untiring friend of the insane, Miss Dix; twelve exquisitely tinted chromos from Mr. Addison Hutton of Philadelphia, Pa.; a complete set of croquet from Mr. Samuel C. Hubbard; a barrel of apples and twelve quarts of whortleberries from Mr. William S. Camp; one black walnut writing-desk from Mr. E. F. Sheldon; one large aquarium from Mr. Benjamin Douglas; agricultural reports from T. S. Gold, Esq., Secretary of the State Board of Agriculture; fifty Bibles from the Middletown and vicinity Bible Society; fifty prayer books from the New York Bible and Prayer Book Society, through the Rev. Mr. Thorne, many valuable reports and medical works from Dr. John R. Lea of Hartford; religious papers from Mr. J. J. Whitney of Winsted.

In addition to the above, a large number of interesting books, papers, magazines, and games have been received from Miss Mary Roberts, Miss Russell, Prof. D. C. Gilman, Mrs. Fellows, Mr. A. M. Smith, and Mr. Birge; from Mr. C. E. Putnam, the New York Daily *Sun*, illustrated magazines, papers, and periodicals.

We are indebted to Mr. Samuel C. Hubbard, and to a number of ladies of Middletown, for the strawberry festival enjoyed by our patients on the afternoon of July 3d; to the Wesleyan University Glee Club for a delightful vocal concert; and to Mr. Parsons and friends of New Britain for a pleasant evening entertainment.

The institution is also under deep obligations to the resident officers for their continued and efficient services during

another year. Without their zealous co-operation the superintendent would be unable to properly execute your philanthropic designs.

The attendants and other employes whose duties are at all times laborious and peculiarly trying, deserve special mention, and it gives me pleasure to speak thus favorably of nearly all who have been with us during the year.

In behalf of those who are incapable of expressing their obligation to your board for the continued interest you have manifested in their welfare, I acknowledge their indebtedness, while I thank you for the support which you have given the superintendent and other officers in administering the affairs of this noble charity.

A. M. SHEW,
Superintendent.

MIDDLETOWN, CONN., March 31st, 1870.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

THE trustees of the general hospital for the insane would respectfully present to your honorable body their fifth annual report.

During the year past, by the divine blessing, the institution under their care has been quietly, steadily, and very successfully performing the work for which it is chartered.

The report of the superintendent, giving careful and minute statements of the interior affairs of the hospital, is herewith submitted.

High praise is due to him and to his assistants for their kind, skillful, and conscientious performance of the laborious, difficult, and very responsible duties of their offices. They have succeeded admirably in carry out the design of making this, in every respect, a first-class institution.

The report of the treasurer to the trustees is also appended. It shows the finances of the hospital to be in good condition. The income has been sufficient to meet the current expenses.

The trustees have met quarterly and by committee much oftener. A portion of the resident trustees have made monthly visits to the hospital to examine its finances, inspect the premises, and consult with the superintendent for its general interests.

The abundant produce of the farm, which has been well cared for, has added largely to the health and comfort of the patients.

A high board fence, much needed to protect the grounds near the hospital from intrusion, as also the patients from strolling visitors and idlers, has been in part constructed. Its completion has been delayed by the strenuous opposition of certain interested persons, who have thus far prevented the

fulfillment of the pledge, which was made to the trustees before they located the buildings and secured by vote of the town of Middletown, by which a street little used and running across the hospital property between the main buildings and the barn was closed. Much inconvenience and trouble have resulted.

In the last annual report it was said, "In order to profit by the lowest prices of the markets in the very considerable purchases required for so large an institution it is needful to buy with ready cash. To do this, and thus to keep the commercial credit of the State hospital at the highest point, several of the trustees united to provide a cash capital of $25,000; which sum was borrowed on the notes of individuals, members of the board, for the uses of the hospital, from two savings banks in Middletown. The advantage of such a money provision will be evident to all.

By authority conferred by the legislature of 1870 the trustees have sold, for thirty-five hundred dollars, to the Valley Railroad Company and to the town of Middletown, the right of way through the part of the hospital farm bordering on the river; five hundred of which were appropriated to build fences thereby made necessary, and three thousand towards paying the twenty-five thousand borrowed last year.

The number of patients constantly in the hospital crowd it to its utmost. There are now registered seventy-four applications for admission, in behalf of persons needing the benefit of its treatment, some of whom, though in a suffering condition, must wait their turn till the eyes of their friends are weary with watching, and their hearts are sick through hope deferred. Patients who should have found at once a place here, because there was no room for them have been carried out of the State to Northampton and Brattleboro, until those institutions can receive no more. In some other cases the cost of securing proper care elsewhere has been consuming the substance of the fatherless.

Numerous painful facts, which have come to the knowledge of the trustees, confirm the propriety of humane action of

the several legislatures, which since 1855 have legislated for the benefit of the citizens of Connecticut who might suffer the ills of a mind diseased.

They acted with a wise regard to economy in founding and fostering this institution, since early attention secured the restoration to health of a large number of insane persons, who would become incurables if neglected. But there is pressing and sorrowful necessity that the building should be enlarged according to the original plan, at the earliest practicable day.

The experience of the past thirty years affords reasonable ground for the belief that the number of persons in the State needing treatment for insanity, for a long time to come, will increase year by year. That number is already so great that the hospital, if enlarged by two wings, would have none too much room for their accommodation.

In order to do all that was possible, with present means, for the poor, for whom at most there is sufficient room, during the year, in receiving applicants, patients of that class have had the preference. This condition of things is a hardship to persons of moderate means, who need the benefits of hospital treatment, but are neither paupers nor indigent.

The remedy is in the hands of the legislature. The property-holders of the State have cheerfully paid for an institution of great utility and value; but it is yet incomplete and there is not enough room for all the town and State patients. Most of those, who have been taxed to build it, if they needed, could not have its care for themselves or their children.

The trustees believe that prompt measures should be taken to remedy this evil, by adding the present year to the hospital the two wings contemplated in the original plan as shown in the engraving accompanying this report. Insanity is no respecter of persons. No man can be certain that disease or accident will not at a future day render him, or some one very dear to him, dependent for restoration to soundness of mind upon the best counsel that science can furnish, com-

bined with facilities for wise care, which only a hospital of the best kind can supply. Some severe suffering has been endured the past winter which could have been escaped, could the sufferers have found shelter in the Hospital. Nor is there cause to believe that less pain and misery will be borne by the insane in years to come, than in the past, until the State shall make suitable provision for their wants.

The trustees are encouraged to believe there is a growing conviction among intelligent people in Connecticut, and elsewhere, that the pecuniary interests of the State, as well as humanity and true charity, unite in demanding that the best possible provision be made, at public expense, for the care and recovery of all who are afflicted with insanity. The danger to property and life from insane persons unrestrained, the wretchedness which comes to those who are improperly or unskillfully restrained in poorhouses, or in private buildings, and the increased probability that what would otherwise be a transient disease will, by improper treatment, be a life-long malady, are powerful arguments for a liberal and enlightened policy.

"The Association of Medical Superintendents of American Institutions for the Insane," during its annual session held at Hartford, in June last, by invitation visited the Hospital.

An editorial report of the visit in the *Courant* used this language: "We need only say that the visitors, who are the best judges of such a thing in the country, expressed themselves as extremely well pleased with it [the Hospital]. Some of the most eminent of them, whose indorsement is the highest sanction, said privately that they knew of no other institution in the country where the objects sought in such an institution had been better obtained. They said that the construction showed great forethought and knowledge of all the requisites, and a most judicious expenditure of money. We may not improperly quote Dr. Ray as of this opinion.

"Dr. Kirkbride thought the institution exceedingly creditable to the State, and remarked that it was evident the

money had been well and carefully expended. The splendid situation was much admired."

The trustees are unanimous in the opinion that no hospital of equal excellence and capacity to accommodate patients has been erected since the war for less money. Thus far it has only cost about seventy-five cents on an average to each inhabitant of the State.

When it is remembered that there is more than one religious society in the State, not of great wealth, which has within a few years erected for itself a house of worship costing from one-fourth to one-third as much as the State has paid for the Hospital; and that a single school district in Hartford has expended for its schoolhouse half as much; and that single manufacturing companies have erected mills and furnished them with machinery, at a much greater cost; it is evident that the expense for this institution, in which above half a million of people have an interest, has not burdened them.

The law requires that the price of board shall be kept at its cost to the institution. Cash purchases very considerably lessen the cost of provisions. But if towns delay payment when bills are due, and the State only pays at the end of the quarter, the difficulty of buying for cash is increased.

The trustees would recommend that the law be amended so that the State bills be paid monthly, instead of quarterly, as at present.

The gentleman elected last year to fill a vacancy in the Board of Trustees from Fairfield County, finding himself unable to attend to the duties of the office, has tendered his resignation.

The official term of the members of the Board from New Haven and Middlesex Counties expires this year. The services of the present members have been so valuable to the

Hospital and to the State that we would respectfully ask their reappointment.

JAMES E. ENGLISH,	*New Haven.*
R. S. FELLOWES,	*New Haven County.*
HENRY WOODWARD,	*Middlesex* "
,	*Fairfield* "
ROBBINS BATTELL,	*Litchfield* "
H. SIDNEY HAYDEN,	*Hartford* "
L. S. FULLER,	*Tolland* "
S. G. WILLARD,	*New London* "
J. D. BATES,	*Windham* "
BENJAMIN DOUGLAS,	
JULIUS HOTCHKISS,	*Middletown.*
JOSEPH CUMMINGS,	

REPORT OF THE SUPERINTENDENT.

GENTLEMEN: — The closing of another year of Hospital history brings with it the duty of presenting a summary of the events of the twelve months to the 1st of April, 1871. The blessing of God has been over us during this period, and I am permitted to report general good health for the year among officers, employes, and patients. No unusual sickness has invaded our household, and we have been exempt from those accidents not uncommon to institutions filled with persons in all the various stages of insanity.

A fair proportion of those committed to our care have been restored to health, while much has been done to ameliorate the condition of that larger proportion of chronic cases now occupying the wards.

A want of system in tabulating hospital details and results made difficult the comparison of the reports of the various institutions of this country; hence the Association of Superintendents of American Institutions for the Insane, at their annual meeting at Hartford in June last, recommended a form for presenting statistical tables, which form will be followed in this report.

At the date of the last report there were remaining two hundred and thirty-two (232) patients, of whom one hundred and fourteen (114) were males and one hundred and eighteen (118) were females.

During the twelve months since there have been admitted forty-nine (49) males and twenty-six (26) females, seventy-five in all — making the number under treatment for the year three hundred and seven (307), one hundred and sixty-three (163) males and one hundred and forty-four (144) females; — of these were discharged:

Recovered,	twenty (20),	fourteen (14) males	and six (6) females
Improved,	sixteen (16),	eleven (11) "	and five (5) "
Unimproved,	ten (10),	five (5) "	and five (5) "
Died,	twenty-one (21),	eleven (11) "	and ten (10) "
Inebriates,	three (3),	"	

Remaining at this date one hundred and nineteen (119) males and one hundred and eighteen (118) females, two hundred and thirty-seven (237) in all. The daily average during the year is 233.69.

Of the three classes for whom provision is made in the Act of Incorporation, there are at present one hundred and seventy-five (175) pauper patients, fifty-eight (58) indigent patients, and four (4) private patients.

This simple statement of the proportions of these three classes (which varies very little from the statement of last year) is a complete confutation of the unjust assertions which were made in the General Assembly, *viz.*, that the present buildings were adequate to accommodate all the insane poor, if rich and paying patients were excluded. Without attempting to discuss the question which is suggested respecting the injustice of excluding from public institutions erected at the public expense persons who are able to maintain themselves, I desire simply to report that of the ten self-supporting patients of last year, two have since become paupers, two have recovered, one was removed to another institution, and one died, leaving the four private patients mentioned above.

The law of the State regulating admissions requires the superintendent to receive applications, without regard to their relation to classes, in the order of their application; but he has steadily during the past year endeavored to dissuade the friends of all who had means of their own from making application for admission to our over-crowded wards.

At this date there are seventy-four (74) applications beyond our capacity. The officers are informed, too, of many who would apply if there was a prospect of an immediate reception. We are doing all we can to meet the wishes of friends and officers of towns to accommodate those for whom

they apply. The number of applications has sometimes exceeded 100 beyond our ability to receive.

A serious consequence of the present policy pursued by the State in affording accommodations only to a limited number of its insane, will be a gradual but steady increase of the number of chronic cases, and it is easy to calculate that in a few years it will cost more money to support the chronic insane than it would no to finish this building in accordance with the original design, and thus be able to receive promptly all cases in the early stages of the disease, when they are more readily cured and more likely to be soon returned to their vocations and families.

Of recent cases admitted to the Hospital since its opening three years ago, eighty-eight have been restored to health after an average stay of fifteen weeks and two days. Thus eighty-eight recent cases cost the State and towns only $6,724.96, and are now a part of the producing population of their several communities; while the first eighty-eight chronic cases have already been here an average of 151 weeks each and cost the State and towns $57,640.00, and yet remain non-producers, to be an expense probably during their lives.

In a population as large as that of Connecticut, experience shows that about 250 new or acute cases of insanity will annually occur, the majority from the laboring and active classes of life. These, to be rightly dealt with, in view of their cure and restoration to their several kinds of profitable labor, need hospital accommodations at once. It is so well known as to be almost needless to repeat that insane patients cannot be, advantageously to themselves or community, treated in almshouses or at their own homes.

In view of the number of insane already existing in the State, and of the annual increase to be expected, is it economy or humanity to further delay such increase of accommodations as shall enable all to receive medical and experienced treatment, and thus be restored, after a few months, to their full duties to society ?

It seems a hard case to the officers of such towns as have not heretofore had occasion to send a patient to the hospital to have their first application refused simply for want of room when they know that other towns have for three years availed themselves of its means of protection and treatment for their cases. Connecticut has one hundred and sixty-four (164) towns; one patient from each would nearly fill the hospital. Some of the larger towns have 12, 15, and 20, or even more patients already here.

The present policy, if pursued, will ultimately circumscribe if not wholly defeat the very object intended in the creation of a State hospital. If we were to make immediate room for the recent cases which apply it would involve the necessity of returning to the several almshouses all the chronic cases; but would your officers be justified in doing so, or would the State sanction such a retrograde movement? Would not legislators wisely say, "it is far better to double the present capacity of this hospital by carrying out the original plan of the building"?

As a belief seems to be entertained in some sections of the State that exceeding liberal provision has already been made for the Connecticut insane, I take occasion to make a few extracts from reports, and give a few facts from other States.

From the report of the directors and superintendent of the West Virginia Hospital for the Insane for 1867:

"Massachusetts, with five large hospitals within her borders, is providing a sixth; New York, with five large public and some excellent private hospitals, has just resolved to erect two more that will each cost nearly, if not quite, a million of dollars. New Jersey, small, but brave in duty, with one of the best hospitals in the world, has just resolved to provide for all its insane, and is enlarging at an expected cost of from two to three hundred thousand dollars. Pennsylvania, with five hospitals of large size and some smaller ones, is enlarging its western hospital and building a new one at Danville. Maryland, with two excellent hospitals, is now building two more that, when finished, will cost together over

half a million of dollars, one of them being from private munificence entirely. Ohio, with five excellent hospitals (one devoted to the colored insane), has just resolved to enlarge two of them to more than double their present capacity, and also to erect a sixth equal to any of the others, the cost of which is estimated at from one-half to three-fourths of a million of dollars. Kentucky has two and means 'to provide for every insane person within her limits.' "

Since 1867 nearly all of the above plans have been consummated, and others, not then contemplated, have been formed and buildings begun and in process of completion.

A report presented to the fourth annual meeting of the Rhode Island Hospital concludes as follows :

"It is objected by some that hospitals are expensive. Of this we are aware ; but are not streets and bridges very expensive ? Are not our private residences, our churches, and other edifices very expensive ? The practical question is not whether a hospital costs a large sum of money, but whether it is worth what it costs, whether the money is judiciously expended. No great institutions dispensing their blessings from generation to generation can be established without costing money. But what nobler use for money than to establish them ? How trifling, ignoble, and evanescent are the objects of many of our expenditures compared with the founding of a great institution for the relief of the suffering, for the healing of the sick, and for the exemplification of a true Christian benevolence for centuries to come ? "

From the West Virginia Hospital Report before referred to, I copy a tabular statement of several hospitals for the insane, with cost of buildings, etc., remarking only that all these were built before the late war and consequent advent of high prices, and it would be a moderate estimate now to add fifty per cent. to the prices then ruling :

NAME, &c.	Capacity.	Cost.	Cost for Patient.
New York State Asylum, Utica,.....	440	$517,400	$1,185
Maryland Hospital, Baltimore,.....	130	213,600	1,443
McLean Asylum, Somerville, Mass.,....	200	321,000	1,605
Penn. Hosp. for Insane, Philadelphia,..	240	330,000	1,377
New " " " " ..	250	325,000	1,300
New Jersey Asylum, Trenton, ...	250	250,000	1,000
Maine Hospital for Insane.....	175	150,700	861
Mt. Hope Institution, Baltimore,.....	120	200,000	1,666
Butler Hospital, Providence, R. I.,.....	140	116,000	828
Lunatic Asylum, Taunton, Mass.,.....	250	250,000	1,000
Michigan Hospital, Kalamazoo,.....	288	340,000	1,180
Northampton Hospital, Mass ,.....	250	335,000	1,340
Iowa State Hospital, Mt. Pleasant,.....	250	359,666	1,440
Average cost *per capita* before the war,	...	.....	1,248
" " " " with 50 per cent. added for increased prices, since the war,.....	...	.....	1,872

Multiply the above average, $1,872, by 200, the number of patients which the present buildings are intended to accommodate (although now occupied by 237 patients), and the resulting figures are $374,400, so that thus far the cost of our hospital has been within the average. But one important fact should be kept in view, *viz.*: that all of the out-buildings, consisting of bakery, laundry, sewing department, boiler-house, shops, and barn, have been constructed with the view to provide for from 400 to 500 instead of 200 patients; hence future extensions will be required simply to accommodate patients.

Proposals from responsible builders were placed in your hands last year offering to erect one or two wings similar to those already completed and occupied for the sum of $75,000 each. Adding this amount of $150,000 to the cost of the buildings, $375,000, the total will be $525,000, which will provide accommodations for from 400 to 500 patients at a cost of less than $1,250 each, which we have already found to have been the expense of similar building previous to the war. With this addition to our present capacity your hospital could accommodate the chronic insane and also open its doors promptly to all recent cases.

During the year 31 patients from this State have been treated at Northampton, Mass., and 30 at Brattleboro, Vt. By this generous action on the part of sister States much suffering has been alleviated and some recent cases cured that might otherwise have become chronic. But we can no longer hope to meet the wants of the State in this direction. Your superintendent was officially notified in February that the hospitals of Massachusetts could receive no more patients from out of the Commonwealth. A similar announcement comes to us from Vermont.

General Results.

Twenty-one (21) deaths occurred during the year. There were in April two (2), in May two (2), in June one (1), in July one (1), in August one (1), in September five (5), in October one (1), in November three (3), in December two (2), in February one (1), and in March two (2). The number of deaths equals 6.84 per cent. of the whole number under treatment. The respective ages were 49, 80, 45, 88, 49, 37, 24, 28, 70, 39, 70, 36, 36, 29, 45, 35, 55, 68, 41, 67; thus the average age would be 49.55 years. The proportion of deaths between the sexes is about equal, eleven (11) having occurred among one hundred and sixty-three (163) male patients and ten (10) among one hundred and forty-four (144) female patients. Nearly all of these cases were chronic, the disease having existed in one for more than forty years.

During the year a valuable use of a comparatively new remedy, the hydrate of chloral, has been made in the treatment of some forms of insanity.

Having administered it to as many as one hundred persons of both sexes, of various ages and constitutional tendencies, we have no hesitation in saying, 1st, that it is the most sure and powerful of all the sleep-producing remedies known to the profession; 2d, that it has little if any other influence than that just mentioned; 3d, that it is better suited to the excited than the depressed forms of insanity; 4th, that the

dose may vary from fifteen (15) to sixty (60) grains; 5th, that a watery solution loses strength on exposure to light even when placed in a ground-glass stoppered bottle. Sleep induced by an ordinary dose of chloral seemes to be natural and refreshing. The patient is easily aroused, but usually speaks of being cold. If continued for several weeks a slight inflammation of the eyelids manifests itself, and in one case of violent chronic mania where doses of sixty grains had been given as often as three times a day for several months the bowels became slightly irritable. We have found it specially useful in early stages of acute mania.

Some physicians assert that sleep induced by this agent is unnatural and useless, and that it does not shorten the attack. My experience has not been sufficient to answer the objection, but reasoning *a priori* I cannot but believe that even a few hours sleep repeated day after day must in the end benefit patients. This remedy is valuable in the treatment of that class of chronic cases found in every hospital for insane, who seem to be oppressed with sleepiness during the day, but toward night become wakeful and irritable, talking and singing boisterously. In one remarkable case of this kind we had the satisfaction of rapid and complete recovery soon after the use of chloral.

Special Pathologist.

In my last report I suggested the importance of the appointment of a special pathologist whose duty would be to make thorough scientific autopsies in important cases. The time of the resident medical officers is so occupied by regular and often perplexing daily duties in a large institution, that they have not sufficient leisure to thoroughly examine and analyze the morbid results of insidious and doubtful cases of mental derangement.

Recognizing the importance of such examinations, you promptly and unanimously appointed to this office Dr. E. C. Seguin of New York, who brings to the work energy and ability, as well as the experience of several months as an

assistant to the distinguished Brown-Sèquard. Some of the results of the investigations by Dr. Seguin are herewith reported.

Outdoor Improvements.

As fully as we could, we have continued the improvements on the grounds, fences, and buildings. The summer of 1870 was unusually dry and afforded a rare opportunity for subsoil drainage. The labor of several convalescent patients, under the direction of an attendant, laid about 4,000 feet of Boynton's best drain-tile, which is now carrying off from the grounds a continuous two-inch stream of water.

Considerable work has also been done by them in grading and sodding the grounds adjoining the south wing; also in constructing a macadamized road to the barn buildings. Capacious root-cellars, storing 4,000 bushels of vegetables, have also been made, and about 90 rods of permanent fence corresponding with that previously erected. By continuing these improvements from year to year, we hope by and by to have graded and laid out in a picturesque manner the grounds surrounding the hospital, without calling upon the State for an appropriation for this purpose.

Farm.

Under the judicious management of Mr. Clinton B. Weatherbee, portions of our farm, hitherto unused, have been brought under cultivation, increasing the receipts from this source nearly two thousand ($2,000) dollars as compared with those of former years. When it is remembered that the drouth of last year probably lessened the production of farm and garden crops by a third, this statement will be a satisfactory one. Much remains to be done before our land will be under the state of cultivation we aim for. Several of the fields need ditching and under-draining; bushes and stones are to be removed and fences reset. In these improvements we intend to use, as far as is wise, the labor of convalescents, thus doing them good, while a substantial benefit enures to the hospital. Most insane persons are disinclined

to manual labor, or owing to their mental and physical condition cannot apply themselves to it. A few, however, are peculiarly devoted to some chosen occupation, while others are useful in aiding the sane in the performance of the various kinds of work about a large institution. To all such the judicious bestowal of special privileges and favors as a reward therefor tends to encourage them in the right direction ; but the primary object of the labor of the insane should be their own improvement, mental and physical.

FARM PRODUCTS.

Hay,	77 tons,	$1,925.00
Corn Fodder (dry),	18 "	90.00
Corn,	400 bush.,	400.00
Oats,	125 "	81.25
Rye,	200 "	200.00
Broom Seed,	40 "	13.20
Potatoes,	1,020 "	1,020.00
Carrots,	80 "	48.00
Beets,	50 "	45.00
Onions,	60 "	120 00
Turnips,	27 "	13.50
Parsnips,	15 "	7.50
Beans (white),	6 "	18.00
Beans (string),	27 "	54.00
Beans (pole),	19 "	38.00
Peas (green),	26 "	52.00
Sweet Corn,	164 "	164.00
Cucumbers,	17½ "	25.00
Tomatoes,	37 "	55.50
Summer Squash,	45½ "	67.50
Winter Squash,	4 tons,	220.00
Lettuce,	4 bush.,	8.00
Beet Greens,	21 "	21.00
Radishes,	2½ "	5.00
Peppers,	3 "	6.00
Pie-plant,	460 lbs.,	16.10
Melons,	915 "	13.72
Broom Brush,	550 "	66.00
Beef,	420 "	50.40
Veal,	100 "	12.00
Pork,	6,257 "	750.84
Calves (sold),		93.64
Pigs (sold),		326.00

Rent of Pasture,		$64.40
Cabbages,	4,500	225.00
Apples,	32 bbls.,	80 00
Cider,	34 "	102.00
Milk (grass fed),	12,320 qts.,	985.60
Wood,	6 cords,	30.00
Straw,	15 tons,	375.00
Celery,		75.00
Total value,		$7,963.15

The weight of the hogs butchered is as follows:—411, 427, 405, 470, 395, 405, 432, 314, 297, 312, 417, 325, 385, 427, 398, 437. Total, 6,257 lbs.

Financial Condition.

Referring to the steward's detailed statement which is herewith submitted, it will be seen that the hospital received from all sources (including cash on hand and balance with treasurer at the beginning of the year) the sum of $62,139.16, and that the total expenditures for the support of the institution during the same period amounted to $61,028.90, leaving a balance in our favor of $1,110.26.

Your superintendent is fully convinced that the regular hospital revenue will be sufficient to meet all the wants of the institution so long as provisions and other necessary articles remain at present prices.

I find in the last annual report of the Minnesota Hospital for the Insane the following table of expenses of several hospitals, showing the weekly cost in each and the average in all.

Pennsylvania Hospital for Insane, Phila.,	$8.68
Government Hospital, Washington, D. C.,	7.88
Northern Ohio, Newburg, O.,	7.17
Nashville Hospital, Tenn.,	6.40
Longview, Hamilton County, O.,	5.98
Illinois Hospital, Jacksonville,	5.87
Southern Ohio, Dayton, O.,	5.61
New York State Asylum, Utica,	5.53
West Virginia Hospital, Weston,	5 42
Central Ohio, Columbus,	4.80
Northampton Hospital, Mass.,	4.78
Dixmont Hospital, Pittsburg,	4 57

Wisconsin Hospital, Madison,	$4.48
Pennsylvania State Hospital, Harrisburg,	4.38
Staunton Asylum, Virginia,	4.30
Eastern Kentucky, Lexington,	4.13
Average weekly cost,	$5.65

Acknowledgments.

We have received the following newspapers and magazines during the year, for which we are under renewed obligations.

Hartford Daily Courant,	Hartford, Conn.
" Evening Post,	" "
" Weekly Times,	" "
The Religious Herald,	" "
Conn. General Advertiser,	" "
New Haven Evening Register,	New Haven, "
" " Morning Journal and Courier,	" " "
" " Weekly Palladium,	" " "
Loomis' Musical Journal,	" " "
The Constitution,	Middletown, "
Sentinel and Witness,	" "
Norwich Daily Advertiser,	Norwich, "
" Weekly Courier,	" "
Norwalk Weekly Gazette,	Norwalk, "
The Bridgeport Republican and Standard,	Bridgeport, "
Meriden Daily Republican,	Meriden, "
Westport Advertiser,	Westport, "
Windham County Transcript,	
Litchfield Inquirer,	Litchfield, "
Forney's Weekly Press,	Philadelphia, Pa.
New York Semi-weekly Times,	New York City.
Watson's Art Journal,	" " "
Illustrated Christian Weekly,	" " "
American Messenger,	American Tract Society.
Moore's Musical Record,	Manchester, N. H.
The Galaxy,	New York.
The Hearth and Home,	" "
The Atlantic,	Boston, Mass.
Godey's Lady's Book,	Philadelphia, Pa.

The many contributions of various kinds received during the year indicate an increasing disposition on the part of the public to interest themselves in this benevolent work:

From Hon. Robbins Battell one hundred and fifty dollars,

"to be used as most needed for the amusement and entertainment of patients"; fifteen dollars from "a lady friend," to purchase trees; plants, flowers, and flower stands from Mrs. Benjamin Douglas; a large basket of grapes from Mrs. Henry G. Hubbard; also from Rev. Mr. Thorne a basket of pears and packages of papers; several books from Mrs. Samuel C. Hubbard, Miss Russell, and M. B. Copeland; a parlor croquet board from Miss Fellowes; a complete file of the London *Illustrated News* for the year 1870 from Mrs. Fellowes; Circular No. 4, 1870, from the Surgeon-General U. S. Army; valuable public documents from Hon. S. W. Kellogg, M.C.; several fine steel plate engravings from J. W. Bradley, Esq., Philadelphia, Pa.; regular files of California papers from William Shew, Esq., of San Francisco; illustrated papers and magazines and the New York Daily *Sun* from Mr. C. E. Putnam.

In addition to the above, a fund has been contributed recently, by sixty individuals each donating five dollars, to which we hope to add enough to purchase a large stereopticon with suitable slides, and several hundred books for our library.

We are indebted to a number of ladies and gentlemen in Middletown and to Mr. Parsons and friends of New Britain for two delightful musical entertainments; also to Prof. Hibbard for one of his inimitable readings, which was universally enjoyed by our patients.

To the several clergymen of this vicinity who have kindly conducted our chapel services throughout the year, we owe a peculiar debt, not in our power to cancel. The most that I can do, I do cheerfully, and that is to make this public acknowledgment of their services.

I cannot close this imperfect report of the past year without once more expressing the deep obligation I am under to those who are associated with me in this arduous work, for their continued and efficient services.

No changes have occurred among the officers, and but few among the attendants and other employed persons. I am

sometimes surprised at this when I remember what a laborious and peculiarly trying life is allotted to all those who devote themselves to the care of the insane. It is in your power, gentlemen, to lighten these burdens in the future as you have done in the past by your constant support and encouragement, manifested by frequent visits to the institution and the personal interest you take in the welfare of those who are committed to its care.

Respectfully submitted,

ABRAM MARVIN SHEW,

Superintendent.

Middletown, Conn., March 31, 1871.

TREASURER'S REPORT.

The following statement of the fiscal concerns of "The General Hospital for the Insane, of the State of Connecticut," for the year commencing April 1, 1870, and ending March 31, 1871, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Balance in the Treasurer's hands, April 1, 1870,	$2,851.35
Revenue account from the Hospital,	61,419 65
Amount received from Connecticut Valley Railroad Company,	3,500 00
	$67,771.00

PAYMENTS.

Amount of Superintendent's orders,	$63,883.15
Amount paid on notes, signed by members of the Board,	3,000.00
Balance in the Treasurer's hands, March 31, 1871,	887.85
	$67,771.00

All of which is respectfully submitted,

M. B. COPELAND,
Treasurer.

MIDDLETOWN, CONN., March 31, 1871.

We hereby certify, that we have examined the vouchers and accounts of the Treasurer, of which the above is an abstract, and find them correct.

BENJ. DOUGLAS, }
JOSEPH CUMMINGS, } *Auditors.*

MIDDLETOWN, CONN., April 15, 1871.

J. D. ATHERTON, Steward, in account with The General Hospital for Insane.

1870.	DR.	
April 1st,	To balance in bank,	$9.69
"	To cash on hand,	209.82
1871.		
March 31st,	To cash received as revenue (deposited with Treasurer),	61,419.65
	To cash from Valley Railroad Company, for fencing purposes,	500.00
		$62,139.16

1870.		Cr.	
April,	By vouchers,	. . . . .	$4,780.44
May,	"	. . . . .	4,679.23
June,	"	. . . . .	4,963.61
July,	"	. . . . .	5,984.73
August,	"	. . . . .	4,955.06
September,	"	. . . . .	4,566.31
October,	"	. . . . .	5,839.48
November,	"	. . . . .	5,684.62
December,	"	. . . . .	4,850.53
1871.			
January,	"	. . . . .	6,700.23
February,	"	. . . . .	4,883.63
March,	"	. . . . .	3,141.03
	Balance in bank,	. . . .	887.85
	Cash on hand,	. . . .	222.41
			$62,139.16

REPORT OF TRUSTEES.

To the Honorable, the General Assembly of the State of Connecticut:

The Trustees of the "General Hospital for the Insane of the State of Connecticut," in presenting their sixth annual report, ending 31st March last, acknowledge, with gratitude to God, the good which has been effected in the institution, its freedom from marked and contagious diseases, and the very small percentage of deaths within its walls, during the year past.

They refer with satisfaction to the able reports of the superintendent and others, submitting herewith, in which receipts, disbursements, products of farm, statistics, etc., are fully set forth.

It will be seen from Dr. Shew's statements, with what pleasure he hails the completion of the women's wing, already begun under a special committee of the State, and expected to be ready for occupation by the 1st of January, 1873,—and how earnestly he pleads for an appropriation for the men's wing, in order that the evils of the present overcrowded condition of the building, and of too long delay in receiving patients, may be remedied by increased accommodations.

The remarks of the superintendent in relation to insane convicts, to the placing them in same wards with those innocent of crime, and to making provision for separate accommodation for them, deserve serious attention.

It is known to many members of the legislature that a town road has existed just to the east of the hospital buildings, dividing the property belonging to the State. The town of Middletown, equally with the trustees and officers of the hospital, united in an opinion of the benefit which would enure from closing said road, and bringing the grounds adjoining the institution within one enclosure.

To effect this amicably, and set aside any local opposition, it was needful to acquire control of about fourteen acres of land, and three dwelling-houses thereon. Shortly before the close of the session of 1871, negotiations for the purchase were brought to a point, and the tract of land which had been the cause of preventing the junction of the two parts of the Hospital grounds, came into the possession of the trustees. Consultation with certain leading members of the legislature and officers of the State, to whom the matter had been explained, confirmed the action of the trustees, and they were assured that an early appropriation would be recommended, with which to cancel the notes of hand given individually by members of the board, upon which notes was borrowed the money to buy this land for the State. But in the press of legislative business, at the winding up of the session, the providing of the means was unfortunately omitted.

The trustees respectfully ask an early appropriation of seventeen thousand five hundred dollars and the interest on the notes given by the individual members of the board.

The town of Middletown has voted to close this road, and has for the convenience of the public, opened another road west of the hospital.

The houses purchased have been altered, and a partial trial of the "Cottage System" has been made, comments on which will be found in the superintendent's report. It does not appear to be as economical a system as the "Congregate," nor as acceptable generally to the patients.

The special committee on the affairs of the hospital, appointed in 1870, made their printed report to the General Assembly of 1871, and among favorable notices, approved warmly of the wisdom, and even "generosity" of individuals of the board, who had, on their private credit, provided twenty-five thousand dollars, as a working capital for the business department of the institution, with which cash purchases could be made of supplies, etc., absolutely needed by the Hospital. That committee reported in favor of an appropriation with which to retire the individual notes given for the benefit of the State of Connecticut. That appropria-

tion was not made — those notes yet remain in the possession of two savings banks in the city of Middletown. The trustees respectfully ask that the retiring of these notes may be made early practicable by a prompt vote of the money by your honorable body. The benefit of such a ready-cash capital, affording means to purchase at cash rates, secure discounts on supplies, and preserve a high financial credit for the institution, will be apparent to every member of the legislature. Every cent thus saved and gained has been saved and gained *for the State* — yet it has been done by *individual responsibility*.

The trustees are well satisfied with the interior working of the hospital, and feel in their hearts to commend highly the officers and employes, by whose agencies the work is done.

It is hoped that the legislature, as a body, or by their Committee on Humane Institutions, in their fostering oversight of this great organ of the humanity and charity of the State, will, at an early day of the session, visit the hospital and so be prepared by personal knowledge to do what shall, in their good judgment, be for the best interests of the State in this direction.

In the regular order, the terms of service of two members of the board expire each year — the places of those from Fairfield and Litchfield counties are to be filled.

Very respectfully submitted,

Marshall Jewell,	*Hartford.*
Robbins Battell,	*Norfolk.*
Samuel Lynes, M.D.,	*Norwalk.*
H. Sidney Hayden,	*Windsor.*
Lucius S. Fuller,	*Tolland.*
Samuel G. Willard,	*Colchester.*
Joseph D. Bates,	*Danielsonville.*
Richard S. Fellowes,	*New Haven.*
Henry Woodward,	*Middletown.*
Benjamin Douglas,	"
Julius Hotchkiss,	"
Joseph Cummings,	"

REPORT OF SUPERINTENDENT.

GENTLEMEN: With the close of another year it becomes my duty to submit the sixth annual report of the General Hospital for the Insane of the State of Connecticut.

The tables herewith presented are carefully drawn from our permanent records, and will show the result of the last year's labors, as well as a statistical history of the institution from its opening in April, 1868.

To those who by frequent visits have been informed of the general condition of the institution, it may seem needless to recapitulate details which have attended the usual professional and other labor here performed.

It should be remembered, however, that the annual report of a public institution ought to furnish to the public a summary of such facts as are of interest to every citizen in the commonwealth; and that these facts, so familiar with us, will, in the general distribution, reach a large number of readers who are not conversant with the character and aims of an institution for the insane.

Results already attained during the brief history of this hospital furnish direct evidence of its usefulness. Applications for admission constantly increase, and are already far beyond the capacity of the present structure.

To meet these demands I appeal to you for an enlarged building, increased accommodations, and the continuance of your hitherto hearty and generous encouragement.

On the 31st of March, 1871, there were in the institution two hundred and thirty-seven (237) patients, of whom one hundred and nineteen (119) were males and one hundred and eighteen (118) were females. During the last twelve months there have been admitted fifty-six (56) males and thirty-six

(36) females, ninety-two (92) in all, making the number under treatment for the year three hundred and twenty-nine (329), one hundred and seventy-five (175) males and one hundred and fifty-four (154) females. Of these were discharged:

Recovered,	seventeen (17),	eleven (11) males,	six (6) females.
Improved,	eleven (11),	seven (7) "	four (4) "
Unimproved,	twenty-four (24),	fourteen (14) "	ten (10) "
Died,	fifteen (15),	nine (9) "	six (6) "

Remaining at this date one hundred and thirty-four (134) males and one hundred and twenty-eight (128) females, two hundred and sixty-two (262) in all. The daily average during the year is 242.64. No other testimony is needed to prove the wise forethought of those who, only six years ago, were most urgent in their efforts to establish a general hospital for the insane of Connecticut.

It will be noticed that ninety-two (92) patients were admitted, thus making the total number of persons under treatment greatly in excess of any previous year. The applications for the same period were 178.

The painful fact of these numerous applications, however, does not afford an exact criterion of the increasing demands for such an institution.

The selectmen of towns and probate judges, knowing that the house is overcrowded, have made application only for such persons as were unmanageable at home; your officers are informed of many who would apply if there were a prospect of immediate or early reception.

The act of incorporation provides for the admission of three classes of patients, *viz.:* the town poor, the indigent, and private or self-supporting patients. By subsequent resolution of the General Assembly, the officers of this hospital were directed to receive and hold such insane convicts as might, by due process of law, be transferred from the State Prison at Wethersfield.

Of these four classes there are at present one hundred and eighty-four (184) pauper patients, seventy (70) indigent patients, two (2) private patients, and six (6) insane convicts.

This simple statement bears evidence to the fact that the people of Connecticut desire to protect first the afflicted poor, and then those who are able to bear a part or the whole of the expense of their support. But is it generally known that the policy adopted in 1866 to provide for the insane of Connecticut has been only partially carried out? Do the people of this commonwealth understand that, while accommodations have been provided for about two hundred and fifty patients, there are at least as many more cases knocking at our doors for admission? I am sure that the urgent appeals, the pitiful stories of suffering and danger daily brought to the notice of your superintendent, if heard in the legislative halls, would move to pity the hardest hearts.

At the last session of the General Assembly an appropriation was made for the erection of another wing, for the accommodation of one hundred and twenty-five female patients. Work on it is vigorously prosecuted, and it is expected the building will be opened on or before January 1, 1873. With this large addition to the present building, rooms will be provided for all female patients without previous application. I trust the need will be apparent to the General Assembly to provide the amount to erect a corresponding wing on the south side, for the reception of male patients, to carry out the plan of the hospital. The building would then have ample accommodations to meet the demands of the State for the next few years.

It is perhaps not generally known that the present policy of the State is to receive patients in the regular order of application, which mode virtually excludes, at the time of greatest need, acute cases — requiring imperatively immediate hospital care — from the benefits of prompt, systematic treatment.

By referring to table No. XXVII, it will be seen that there are at this date two hundred and forty-two (242) chronic cases in our wards (our inheritance of old almshouse treatment), and only twenty (20) whose restoration to health may be hopefully anticipated.

By studying table No. XIV, you perceive that of five hundred

and sixty-nine (569) patients admitted since the institution was opened, three hundred and forty-eight (348) were brought to us after the disease had existed more than one year, and two hundred and ninety-two (292) of these more than two years. Under these circumstances our tables cannot show a large percentage of recoveries. The hospital is doing its allotted work none the less usefully by providing for the chronic insane, a majority of whom are troublesome and dangerous to the community when at large.

It is undoubtedly true that the State has already provided ample accommodations for nearly all of this class,—facts in our possession showing that only a few deranged persons remain in the almshouses.*

Every consideration, then, of sound policy, true economy, and wise philanthropy would seem to require that the comparatively small additional appropriation needed to finish the hospital should be made to relieve the sufferings of those remaining in the almshouses, as well as to promptly provide for the admission of recent cases, as they constantly occur.

The following words from my last annual report are none the less true to-day, and hence will bear repetition:

"A serious consequence of the present policy pursued by the State in affording accommodations only to a limited numbers of its insane will be a gradual but steady increase of the number of chronic cases, and it is easy to calculate that in a few years it will cost more money to support the chronic insane than it would now to finish this building in accordance with the original design, and thus be able to receive promptly all cases in the early stages of the disease, when they are more readily cured, and more likely to be soon returned to their vocations and families."

"In a population as large as that of Connecticut experience shows that about 250 new or acute cases of insanity will annually occur, the majority from the laboring and active

* While writing this I have received an application from New Haven for accommodations for "over twenty insane persons" "now in the almshouse," and for "several more" "at institutions out of the State."

classes of life. These, to be rightly dealt with, in view of their cure and restoration to their several kinds of profitable labor, need hospital accommodations at once. It is so well known as to be almost needless to repeat, that insane patients cannot be, advantageously to themselves or the community, treated in almshouses or at their own homes."

During the past few years the question of the proper care and treatment of insane criminals has attracted the earnest attention of philanthropists and thoughtful people of all lands interested in the improvement of prisons.

Recognizing the fact that prison walls, close cells, and constant confinement are not compatible with the welfare of deranged persons, the legislature of the State of New York, in 1858, made an appropriation for the erection at Auburn of an asylum for insane convicts. The building is commodious, well planned, and organized as other state institutions, and to it are sent insane convicts and persons charged with crime where insanity is suspected.

Some other States with smaller population have amended their statutes so as to authorize the governor, after being satisfied of the insanity of convicts, to send them to state hospitals. In 1869 the committee on prisons of the general assembly of this State reported the astounding fact that there were several insane convicts at Wethersfield, closely confined in damp cells, without suitable provision for comfort or treatment.

Acting upon this information, the following resolution was promptly adopted :

Resolved by this Assembly : That the trustees of the General Hospital for the Insane of the State of Connecticut are hereby required and directed to make suitable provision for the reception of said insane convicts into the institution under their care and direction."

The two additional resolutions specify the manner in which the spirit of this resolution shall be carried out.

In compliance with the provisions of this act, eight prisoners have been sent to us from Wethersfield, one of whom

died, and one eloped, leaving six the present number of this class in the hospital.

Without attempting to discuss the question as to the justice or injustice of placing criminal insane in contact and hourly association with innocent persons, I would suggest a plan by which ample justice may be done to both classes without subjecting the institution to ungenerous criticism.

An appropriation of five thousand ($5,000) dollars would enable you to reconstruct and furnish a stone building situated in the rear of the hospital, which has heretofore been used for shop purposes. This building was erected with the ulterior view of being used for some such purpose; it is of stone, 27×52 feet, two stories in height with a Mansard roof. It could be arranged to accommodate twelve patients of this class, securing for them humane hospital treatment while separated from the larger body of innocent persons occupying our wards.

When friends and relatives of patients come to visit them, the first remark often made is, "*I hope my brother is not in a ward with criminals.*" A negative reply can generally be given, but occasionally, I am obliged to confess that the person referred to is not only the companion, but also, in our crowded building, the room-mate of criminals.

The good people of Connecticut, ever ready to respond to the calls of the suffering, have decided to provide humanely for these poor creatures; but I cannot believe that they wish to have the present unsatisfactory arrangement perpetuated for want of the expenditure of so small a sum, which would remove all objections.

During the past four months we have had an opportunity of making a partial trial of the "Cottage System." Two dwelling-houses situated a few rods south of the main building, on the land recently purchased for the hospital, were refitted and furnished in a plain manner for the occupation of fourteen (14) male and sixteen (16) female patients, selected from the class of quiet chronic cases. The buildings are simple wooden structures, heated by coal stoves and

lighted by common oil lamps. Every precaution possible has been taken, and yet they are liable to be burned at any moment. The only means of ventilating these houses is by opening windows and doors.

The plan was not adopted from choice; it was resorted to as a temporary measure to provide immediate accommodations for thirty poor insane persons until the permanent wings of the hospital could be erected.

Sufficient time has elapsed to convince me that under more favorable circumstances, the "Cottage System" can be made to play an important part in connection with a regularly organized hospital. There is a certain air of social comfort, more like the ordinary home life, pervading these cottages, than can be found in the wards of a hospital. I have already witnessed a favorable change in the conduct and disposition of one noisy, troublesome, chronic patient since her removal to the cottage for females, leading us to entertain the hope that she will eventually recover. But, on the other hand, I find that very few of these "would be willing long to exchange the activities and the social good cheer of the larger numbers for the monotony and dullness of the isolated cottage." The system, I believe, can be applied only to a limited number. A few cottages substantially constructed of brick or stone, situated sufficiently near the main building to be properly heated by steam and lighted by gas from the common center, would be a desirable addition to our present methods of caring for the insane. With this arrangement the superintendent would, *from day to day*, transfer to the cottages such patients as he found in condition to require fewer restraints upon their personal liberty.

WATER SUPPLY.

The supply of water for a hospital should be pure, abundant at all seasons, and of the proper chemical composition to adapt it to the various uses of a public institution. In this respect your location possesses superior advantages. Perhaps a brief description of the reservoir and connecting pipes will aid those who are locating similar institutions.

At a distance of one and a half miles from the building, is an interesting geological range of hills, known as the "White Rocks." These hills are nearly destitute of soil and vegetation, but thousands of springs bubble forth from crevices in the rock, unite and form streams of considerable size, which pass into the Connecticut River through a number of ravines. On one of these streams, known as "Trout Brook" or "Butler's Creek," a reservoir covering about two acres, was formed by making a substantial dam across the ravine. This dam or embankment is one hundred and fifty (150) feet in length, fifteen (15) feet in width across the top, with a slant each way of eighteen (18) inches to every twelve (12) inches perpendicular. The inner slope is covered with broken stone; the top is four feet above high water mark. A large waste canal, cut in the rocks on one side of the dam, carries off surplus water. The bottom of the reservoir was thoroughly grubbed of vegetable matter and soil before being used. The average depth of water is about four (4) feet; elevation above the ground floor of the hospital seventy-four (74) feet. From this reservoir a six-inch iron pipe conveys the water to the building. At suitable low points "blow-offs" were put in the main pipe, by which sediment can be removed.

The quality of the water is unexceptionable and in ordinary seasons of sufficient quantity to supply several institutions of this size. During the greater portion of the year the amount of water passing off through the waste canal would be considered sufficient for a good mill privilege.

GENERAL RESULTS.

Fifteen (15) deaths occurred during the year. There were in April one (1), in May one (1), in August one (1), in September two (2), in November three (3), in December one (1), in January three (3), in February two (2), and in March one (1). Thus it will be seen that the rate of mortality, calculated upon the whole number treated, is 4.55 per cent. The average age was 51.8 years. Nine (9) deaths occurred among one hundred and seventy-five (175) male patients, and six (6)

among one hundred and fifty-four (154) female patients. A large proportion of the deaths were due to the slow and gradually debilitating influence of diseases of the nervous system long continued. Only three patients died of acute disease.

We have continued the use of chloral in nearly all cases of wakefulness and irritability, and have had the satisfaction of witnessing marked improvement in some and complete recovery in others. Our experience during the past twelve months would seem to substantiate the conclusions previously arrived at and explained in my last report. Other medicinal remedies have of course been used as necessity required.

We have found the thermometer of practical value in the treatment of diseases of the nervous system. A greater familiarity with its uses will, I am sure, place it among the most valuable instruments of practical diagnosis.

Your pathologist, Dr. Seguin, has made a critical examination in a case of general paresis (that most formidable of all diseases), the results of which are fully set forth in his report herewith transmitted. Similar carefulness and completeness of examination of a few of such cases would undoubtedly throw much light upon a field of physiological and pathological domain hitherto nearly unexplored.

During the year much has been done in the way of general improvements that will bear a passing notice. A substantial post and board fence has been made to enclose our reservoir — the result of labor performed mainly by patients and attendants. Three hundred (300) young apple, pear, and plum trees were purchased in October, and carefully transplanted; also a large number of raspberry and gooseberry and currant bushes and several varieties of grape vines. The first cost of these is trifling in comparison with the profitable results hoped for in years to come. Roads and walks have been made and ornamental trees and shrubs started around the building; much more remains to be done in this direction, and healthy employment can be given for years to such of our inmates as are suited to out-door labor.

Several large storerooms have been finished off in the base-

ment of the center building, into which the general supplies are received. The ventilating flues from the rooms in the intermediate wing which previously terminated in the attic, discharging their contents through one large opening, have been prolonged independently, in stacks of six flues above the roof, thereby increasing their efficiency, while lessening danger from fire. It is proposed to continue a similar much-needed improvement in the south wing.

The high board fence referred to in my last report has been completed, with the exception of a few rods, where it is to cross the old highway recently closed by a vote of the town. To insure protection against intrusion on the grounds of the hospital, a small building is needed near the principal entrance, to be occupied by a man of small family, whose duty would be to keep in order the roads and walks, to open and close the gate for visitors, and prevent the incursion of cattle and damage to grounds and crops from the carelessness of those neglecting to close the gate. It is evident that such an arrangement would prove a great convenience to the hospital and to the public.

Mr. Clinton B. Wetherbee continues the supervision of the hospital farm. Referring to a subjoined list of products, it will be seen that his labors have been successful and profitable.

The total of valuation is about the same as that of last year. A comparison of quantities, however, shows the pleasing fact that last year's crops were nearly double those of any corresponding period. As all products of the farm are used in the institution, the quality and quantity are of far greater importance than the market price. The increase in quantity is attributable to a favorable season, additional labor of patients and improved condition of the land. It is our aim to gradually bring under tillage all parts of the farm, and by a system of drainage and use of the house sewage, to enrich and improve land which has been heretofore of little value.

I am not able to report the exact number of days' labor performed by convalescent and quiet chronic patients. Ap-

preciating the restorative value of systematic out-door employment, I have endeavored to encourage those who desire to work, or whom we judge would be benefited by light occupation. During the summer season from fifteen (15) to thirty (30) male patients assisted on the farm; many more were regularly engaged about the grounds and buildings. A fair proportion of the female patients were occupied in the sewing-room, laundry, and kitchen, and much of the routine work on the wards was performed even by others who needed to be judiciously watched.

FARM PRODUCTS.

Hay,	67 tons,	$2,010.00
Corn fodder (dry),	21 "	105.00
Corn,	530 bushels,	487.60
Oats,	92 "	61.64
Broom seed,	48 "	15.84
Potatoes,	2,250 "	1,125.00
Carrots,	260 "	130.00
Beets,	110 "	99.00
Onions,	327 "	294.30
Turnips,	690 "	207.00
Beans (string),	39 "	78.00
Beans (pole),	46 "	92.00
Peas (green),	36½ "	73.00
Parsnips,	25 "	12.50
Sweet corn,	121 "	108.90
Cucumbers,	117 "	146.25
Tomatoes,	80 "	80.00
Summer squash,	17 "	17.00
Winter squash,	4,600 lbs ,	115.00
Lettuce,	21 bushels,	25.20
Beet greens,	44 "	33.00
Radishes,	8 "	7.00
Pie plant,	28½ "	28.50
Melons,	3,100 lbs.,	62.00
Broom brush,	520 "	31.20
Beef,	13 cwt.,	110.00
Veal,	150 lbs.,	15.00
Pork,	5,242 "	366.94
Roasting pig,	1	7.00
Calves (sold),		60.40
Pigs (sold),		159.00
Rent of pasture,		194.13

Cabbage,	4,500	$180.00
Asparagus,	1 bushel,	5.00
Strawberries,	171 qts.,	34.20
Cherries,	2 bushels,	4 00
Apples,	9 bbls.,	36.00
Cider,	8 "	64.00
Milk (grass fed),	15,840 qts.,	950.40
Wood,	18 cords,	90.00
Fence posts,	64	19.20
Straw,	9 tons,	162.00
Celery,		25.00
Turkeys,	312 lbs.,	68.64
Chickens,	404 "	68.68
Eggs,	566 doz.,	175.00
Total,		$8,239 52

Weight of hogs, 485½, 477½, 452, 394, 450, 386, 564, 449, 567, 502, 515. Average weight, $476\frac{6}{11}$.

FINANCIAL CONDITION.

The regular hospital revenue has been sufficient to meet the current want of the institution during the year.

From the treasurer's report and steward's detailed statement herewith submitted, it will be seen that the hospital received from all sources (including cash on hand and balance with treasurer at the beginning of the year) the sum of $76,809.40, and that the total expenditures during the same period were $75,573.32, leaving a balance with treasurer and cash on hand of $1,236.08.

Favorable contracts at low rates have already been made for the coal needed during the next twelve months.

ACKNOWLEDGMENTS.

The subjoined list of newspapers and magazines has been received during the year, for which we are under renewed obligations :

Hartford Daily Courant,	Hartford, Conn.
" Evening Post,	" "
" Weekly Times,	" "
Religious Herald,	" "
Conn. General Advertiser,	" "

New Haven Evening Register,	New Haven, Conn.
" Morning Journal and Courier,	" "
" Weekly Palladium,	" "
Conn. Herald and Weekly Journal,	" "
Whitney's Musical Guest,	Toledo, Ohio.
Watson's Art Journal,	New York.
New York Semi-weekly Times,	"
The Constitution,	Middletown, Conn.
Sentinel and Witness,	" "
Norwich Daily Advertiser,	Norwich, "
" Weekly Courier,	" "
Bridgeport Republican and Standard,	Bridgeport, "
Meriden Daily Republican,	Meriden, "
Westport Advertiser,	Westport, "
The Tolland County Journal.	
Windham County Transcript.	
Moore's Musical Record,	Manchester, N. H.
The Galaxy,	New York.
The Hearth and Home,	"
The Atlantic,	Boston, Mass.
Godey's Lady's Book,	Philadelphia, Pa.

Many friends of the insane have continued to manifest their interest by contributions of various kinds:

Mr. A. B. Gillette of Hartford added to our library a complete set (32 vols.) of J. Fennimore Cooper's novels, substantially bound expressly for hospital use; Mrs. Frederick W. Hubbard, 4 bound volumes Atlantic Monthly, 2 volumes Ladies Repository, and life of Gen. Lyon; Miss Mary Roberts, 6 volumes Eclectic Magazine and other books; several books, illustrated papers, puzzles, and basket of flowers from Mrs. Rockwell; from the estate of Miss Jane Cooper, several volumes and magazines; McLean & Co., complete set of Dickens' works, diamond edition; Mrs. Dyson, books, engravings, and maps; Charles E. Kent, Esq., several volumes Appleton's Journal, Hearth and Home, American Agriculturist, and other papers; Wm. T. Gleason, Esq., 18 books; from a Friend, of New Haven, 2 copies of Illustrated Christian Weekly; a complete file of the London Illustrated News for the year 1871, from Mrs. Fellowes; a Kidder's battery from A. M. Smith, Esq., of New Haven; Rev. J. H. Bradford, Superin-

tendent Industrial School for Girls, 12 Trophy tomato plants; and many valuable tokens of interest from Mrs. Hubbard, Rev. Mr. Thorne, and M. B. Copeland, Esq.

We are indebted to the South Congregational Church choir of Middletown, and to Mr. Parsons and friends of New Britain, for two delightful musical entertainments.

Our chapel services have been conducted regularly on every Sabbath afternoon during the year by the clergymen of Middletown and vicinity. Much interest is manifested by the patients, and few interruptions occur to mar the sacredness of these gatherings.

No change have occurred in the staff of officers, and but few among the employed in the various positions in and about the hospital. I desire to express my deep obligations to all associated with me in places of trust, who have conscientiously assisted in sharing the burdens incident to hospital life.

To the members of your board, I am greatly indebted for hearty and intelligent co-operation and personal kindness. The trying life of those devoted to the care of the insane here is made lighter by your sympathy and care. It is our highest aim to attain for this institution the greatest measure of usefulness of which it is capable.

For all our blessings and for that protection which has guarded us from so many dangers, renewed acknowledgments are due to an overruling Providence. Reverently invoking His blessing, I again commend this institution to your continued oversight and to the fostering aid of an enlightened commonwealth.

Respectfully submitted,

ABRAM MARVIN SHEW,

Superintendent.

Middletown, Conn., March 31, 1872.

REPORT OF TREASURER.

The following statement of the fiscal concerns of "The General Hospital for the Insane of the State of Connecticut," for the year commencing April 1, 1871, and ending March 31, 1872, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Balance in treasurer's hands, April 1, 1871,	$887.85
Revenue account from the hospital,	75,699.14
	$76,586.99

PAYMENTS.

Amount of superintendent's orders,	$75,495.42
Balance in treasurer's hands, March 31, 1872,	1,091.57
	$76,586.99

All of which is respectfully submitted.

M. B. COPELAND,
Treasurer.

MIDDLETOWN, CONN., April 1, 1872.

We hereby certify that we have examined the vouchers and accounts of the treasurer, of which the above is an abstract, and find them correct.

JOSEPH CUMMINGS,
BENJ. DOUGLAS,
JULIUS HOTCHKISS,
Auditors.

REPORT OF STEWARD.

J. Delos Atherton, Steward, in account with the General Hospital for the Insane.

1871.	*Dr.*	
April 1st, to balance in bank,		$887.85
to cash on hand,		222.41
1872.		
March 31st, to cash received as revenue (deposited with treasurer),		75,699.14
		$76,809.40
1871.	*Cr.*	
April, by vouchers,		$6,608.83
May, "		6,119 99
June, "		4,512.31
July, "		8,034.64
August, "		8,543.62
September, "		6,494.07
October, "		7,460.76
November, "		4,060.51
December, "		6,656.99
1872.		
January, "		7,414.16
February, "		3,922.52
March, "		5,744.92
Balance in bank,		*1,065.27
Cash on hand,		170.81
		$76,809.40

* Check No. 652, $26.30, drawn by the steward, had not reached the treasurer; hence an apparent discrepancy to that amount between the balance in bank reported by each.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The Board of Trustees of the "General Hospital for the Insane of the State of Connecticut," at Middletown, herewith submit their seventh annual report.

In so doing they would acknowledge with devout gratitude the divine goodness which has continued to bless the hospital and has given it a year of unusual prosperity. The benefits that the patients receive from the skillful treatment and healthful influences it affords are increasingly apparent.

The encouraging facts relating to the interior management and successful working of this institution during the year ending March 31, 1873, are set forth in the annexed report of the superintendent, and its financial condition in that of the treasurer.

The additional north wing, voted by the legislature of 1871, has been opened for the reception of female patients, of whom a large number were waiting for admission. The corresponding south wing, to which money was appropriated by the legislature last year, has been pushed forward by the commissioners as rapidly as circumstances would admit.

The houses purchased in 1871, and used as cottages for quiet patients, prove a valuable auxiliary to the hospital. The time may come when it will be wise to increase the number of these buildings.

The street across the grounds in the rear of the hospital, so long a fruitful source of trouble, has been peaceably closed.

The financial condition of the hospital, as shown by the report of the superintendent and of the treasurer, is such as to afford satisfaction to all its friends. The care with which purchases of provisions are made, the excellent and profitable

management of the farm, the exactness of the system by which the accounts are kept, — all these afford good ground for confidence in the economy and skill of its administration.

The value of what may be called the working capital of the hospital, as ascertained by a careful inventory, has increased since April, 1872.

The superintendent and his assistants, who have remained through the year, have so ably and successfully performed their various and often trying duties as to deserve a continuance of our personal regard and hearty support.

The necessity for the hospital and its firm hold upon the intelligent sympathy of the citizens of Connecticut have, in the year past, been more than ever apparent. Its fitness to do the beneficent work of caring for the insane of the State, for which it was chartered, becomes more evident as its facilities are augmented, the large and increasing number of those needing its help more reliably ascertained, and it is generally understood that it possesses means, inferior to none yet discovered, of effecting a permanent cure of its patients; or, failing in that, of humanely and tenderly ministering to their necessities while they remain within its walls.

No appropriation is asked for the hospital this year.

The official term of the members of this board from the counties of Hartford and Tolland terminates in 1873.

Very respectfully submitted.

Marshall Jewell,	Hartford.
H. Sidney Hayden,	Windsor.
Lucius S. Fuller,	Tolland.
Samuel G. Willard,	Colchester.
Joseph D. Bates,	Danielsonville.
Richard S. Fellowes,	New Haven.
Henry Woodward,	Middletown.
Robbins Battell,	Norfolk.
Samuel Lynes, M.D.,	Norwalk.
Benjamin Douglas,	Middletown.
Julius Hotchkiss,	"
Joseph Cummings,	"

REPORT OF SUPERINTENDENT.

GENTLEMEN: — The Seventh Annual Report of the General Hospital for the Insane of the State of Connecticut, for the fiscal year ending March 31, 1873, is respectfully submitted.

The number of persons admitted and discharged and the results of treatment are given in the annexed tables.

It will be noticed that three hundred and thirty-six (336) persons (all from Connecticut) have received the protecting care of the hospital and enjoyed its privileges during the year. The number of applications for admission was one hundred and ninety (190).

Of the four classes for whom provision is legally made, there have been two hundred and seventeen (217) pauper patients, ninety-eight (98) indigent patients, twelve (12) private patients, and nine (9) insane convicts.

Referring to table No. 1, you observe that eleven (11) persons have been discharged "Recovered." This number includes only those whose restoration to health is complete and positive, in whom there is no more reason to anticipate another attack of mental derangement than in the same number of sane persons selected from society in general. It does not include those who have recovered from the delirium caused by chronic inebriety.

Under the second class "Improved," are numbered many discharged persons whose restoration to health was considered complete, or assured, and who were permitted to leave the hospital to make room for more urgent cases. Subsequent information has usually justified this course of action. A wise precaution would, however, often dictate a longer stay until the mind had become strong and accustomed to act under the influence of new surroundings.

Under the third class, "Stationary," are enumerated all inebriates, whatever may have been their condition when discharged. Some of these continue temperate for years after leaving the hospital; others resist temptation for a while but finally succumb to the power of appetite and diseased organization. Hence it seems correct to class all such cases among those who are "Stationary." This division also includes a large number of quiet chronic cases who were removed by the selectmen or judicial authorities to make room for dangerous and destructive patients.

The number of deaths during the year is equal to 6.25 per cent. of the total number under treatment and 7.93 per cent. of the daily average. This shows a slight increase of mortality compared with the report of last year, but is still below the average death rate in hospitals for the insane. Among the alleged causes of death (see Table XXII), you will note an absence of specific cerebral disorders in a majority of the cases. One patient was brought to the hospital in an unconscious condition and only survived four days. Another case of acute mania which was delivered at the hospital literally bound from "head to foot" with a clothes line (an antiquated, improper, and needless mode of restraint), died on the eighth day. Deaths occurred in months as follows: in April one (1), in May three (3), in June five (5), in August two (2), in September one (1), in October one (1), in November one (1), in December four (4), in February one (1), and in March two (2). It thus appears that the mortality in the six warm months exceeded that in the six cold months. The average age was 47.90 years. There were eleven (11) deaths among one hundred and seventy-seven (177) male patients, and nine (9) among one hundred and fifty-nine (159) female patients. The causes are given in Table XXII. In my report of last year your attention was directed to the fact that of two hundred and sixty-two (262) patients remaining on the 31st day of March, 1872, two hundred and forty-two (242) were chronic cases in whom the disease had lasted from two to forty years. Owing to the policy of receiving patients in the regular order

of application nearly all of the seventy-four (74) admitted since that date have belonged to the same class. With the exception of nine (9) or ten (10), all of this number have been kept from six to twelve months awaiting their chance. Repeatedly have I been obliged to deny admission to urgent cases from this immediate vicinity and seek accommodations for them elsewhere. It is, therefore, with profound satisfaction that I anticipate the early completion of the new north wing. The addition of these four wards, with accommodations for one hundred female patients, will lessen our labors while increasing our numbers. Experience teaches the advantages derived from a judicious classification ; without it successful treatment is almost an impossibility. Thus far in the history of this institution, the success attained has been accomplished under the disadvantages of an over-crowded building, and hence a lack of proper classification.

At the last annual meeting of " The Association of Medical Superintendents of American Institutions for the Insane," held at Madison, Wisconsin, the following resolutions were unanimously adopted and commended to the consideration of all having authority in the management of hospitals for the insane :

Resolved, That this association regards the custom of admitting a greater number of patients than the buildings can properly accommodate, which is now becoming so common in hospitals for the insane in nearly every section of the country, as an evil of great magnitude, productive of extraordinary dangers, subversive of the good order, perfect discipline, and greatest usefulness of these institutions, and of the best interests of the insane.

Resolved, That this association, having repeatedly affirmed its well-matured convictions of the humanity, expediency, and economy of every State making ample provision for all its insane, regards it as an important means of effecting this object that these institutions should be kept in the highest state of efficiency, and the difference in condition of patients treated in them, and those kept in almshouses, jails, or even private houses, be thus most clearly demonstrated.

Resolved, That while fully recognizing the great suffering and serious loss that must result to individuals by their exclusion from hospitals when laboring under an attack of insanity, this association fully believes that the greatest good will result to the largest number, and at the earliest day, by the adoption of the course now indicated.

Resolved, That the boards of management of the different hospitals on this continent be urged, most earnestly, to adopt such measures as will effectually prevent more patients being admitted into their respective institutions, than, in the opinions of their superintendents, can be treated with the greatest efficiency, and without impairing the welfare of their fellow sufferers.

Resolved, That the secretary be instructed to furnish a copy of these resolutions to the boards of managements of the different hospitals for the insane in the United States and the British Provinces.

May 30th, 1872.

At the present time, when so much is being said about the pleas of insanity in criminal cases, it may interest the thoughtful people to know that in Connecticut persons accused of crime and acquitted by reason of mental derangement are sent to this institution for custodial treatment. During the period covered by this report, twelve (12) persons of this class have been received, the majority of whom are still under treatment. Authority for this mode of procedure is found in an amendment to section two hundred and forty-three (243) of the act concerning crimes and punishments, and is as follows: "Whenever any person, tried on any criminal charge, shall be acquitted on the ground of insanity or dementia, the court before which the trial shall be had, may, if it shall deem it proper, order such person to be confined in The General Hospital for the Insane of the State of Connecticut, for such time as said court shall direct."

GENERAL IMPROVEMENTS.

During the year much has been done in the way of general improvements. To enumerate all in detail would require considerable time and space. I will mention such as seem

of special interest. Early in the season a large and substantial coal-shed, capable of storing five hundred (500) tons, was erected near the hospital wharf and Connecticut Valley Railroad. By this arrangement a cargo can be unloaded rapidly at any season of the year and kept under cover until such time as the hospital teams can be advantageously used in hauling it to the building.

Up to the present time our facilities for keeping ice have been equal to about two-thirds ($\frac{2}{3}$) of the quantity required. To meet the increased demand incident to an accession of numbers it was decided to build near the hospital reservoir a house of sufficient size to store seventy (70) tons. This building was completed and filled during the winter.

Last October two cow-sheds, each sixty feet in length, with stalls for twenty-eight (28) head of cattle, and a piggery eighty feet in length, were added to the large hospital barn; also several root bins in the cellar.

Many other improvements and additions will be made as soon as the funds will admit.

During the coming summer I trust that much needed work in filling and grading grounds in front of the hospital, in laying out walks and roads, and in starting shrubbery and trees may be done. Owing to the rough and unfinished condition of the land immediately surrounding the building, it has been impossible to direct outdoor exercises and sports, except in the mildest weather. Under these circumstances, the yards connected with the wards for excitable patients have been of incalculable benefit.

FARM.

The hospital farm has furnished nearly enough vegetables to supply our wants. Mr. Weatherbee continues to direct this portion of labor with energy, skill, and faithfulness. Improvements have been made in fences, ditches, roads, and barns. Stock has been added from time to time, as the growth of the family seemed to require; in fact, we point with satisfaction to the subjoined list of farm products as

the only statement needed to disprove the assertion that the "farm" was an "expensive luxury." Aside from its value as a producing source, it is of incalculable advantage to a large proportion of chronic male patients, affording them an opportunity for healthful outdoor employment, such as they could not have in any other way. The all-important question in the management and treatment of the insane after the acute stage is how to properly occupy their time and attention during the months of convalescence or years of chronic derangement. It is during this period that the mental faculties either become stimulated into healthful action, or depressed into a state of lethargy and indifference, which soon tends towards dementia. Public opinion will not now sanction the course here suggested, but I believe the time is not far distant when all superintendents will be required to prescribe work and employment for their patients, as they now do medicines and amusements.

FARM PRODUCTS.

Hay,	83	tons,	$2,075.00
Corn fodder (dry),	32	"	112 00
Corn,	565	bushels,	254.25
Oats,	137	"	82.20
Rye,	97	"	97.00
Potatoes,	2,161	"	1,836.85
Carrots,	208	"	104.00
Beets,	178	"	89.00
Onions,	85	"	119.00
Turnips,	740	"	296.00
Beans (strings),	45½	"	68.25
Beans (pole),	50	"	75.00
Peas (in shell),	44	"	88.00
Parsnips,	34	"	17.00
Sweet Corn,	68½	"	68.50
Cucumbers,	184½	"	206 64
Tomatoes,	110	"	110.00
Summer squash,	39	"	39.00
Currants,	½	"	2.00
Winter squash,	2½	tons,	100.00
Lettuce,	12½	bushels,	12.50
Beet greens,	80	"	80.00

Pie plant,	889	lbs.,	$ 22.22
Melons,	3,640	"	72.80
Cabbages,	8,000	"	560.00
Asparagus,	1½	bushels,	7.00
Strawberries,	95	qts.,	19.00
Cherries,	1	bushel,	2.00
Pears,	12	"	24.00
Apples,	73	bbls.,	146.00
Cider,	61	"	152.50
Milk (grass fed),	16,418	qts.,	985.08
Straw,	18	tons,	288.00
Veal,	137	lbs.,	20.00
Pork,	7,721	"	540.47
Calves (sold),			161.25
Pigs (sold),			53 00
Calf skins,			8.00
Rent of pasture,			86.90
Roast pigs,			5.00
Celery,			35.00
Turkeys,	361½	lbs.,	79.42
Chickens,	42	"	8.40
Eggs,	64	doz. (30 cts.),	19.20
Total,			$9,246.63

Weight of hogs, 353, 475, 477, 345, 365, 563, 601, 602, 785, 507, 453, 442, 420, 483, 403, 447. Total, 7,721 lbs.

Average weight, 482 9-16.

COTTAGE SYSTEM.

I can conscientiously and gladly confirm what our last report contained on this subject. In spite of the crude and disadvantageous way in which we are making trial of it, the results are favorable. It will be pleasant to the friends of the insane to know that in the woman's cottage, containing as the average of the year past about fifteen (15), almost wholly of the demented class, there has been no special sickness, no quarreling, and their being thus grouped under sagacious attendants has developed a power of setting themselves to work which has surprised us. For example, 64 pairs of stockings have been knit, 84 towels and 140 yards of toweling have been hemmed for our new north wing, 52 handkerchiefs and 30 bed-spreads were hemmed, and much

repairing done; and all this from our most mentally wrecked ones.

It shows that with wise attendants much happiness may be brought by suitable employments, even to such wretched ones, besides giving substantial results for the institution. The very success with our imperfect little two cottages makes me long for the day when it will be in your power to order the erection of more structures adapted expressly to the wants of the men and women who would be benefited by the cottage system.

A TRANSFER HOME.

All having care of convalescent insane are conscious of the powerful effect of what I may call a sense of timidity, which operates on patients who are so well recovered as to reflect on the prospect of their leaving the wards, and entering again the scenes of an active world. Many instinctively shrink from going away; as they reflect on the position out of which they have come and forward to busy events, it is no wonder they feel sensitively all the expected questionings and actions of the renewed contact with acquaintances and friends. It is just here that I am made to feel a want for our institution, namely, what I have called, for lack of a better name, a transfer home, where these convalescents could be transferred, to remain from a week to a month, to remove the tinge of delusions, and in getting used to sane companions, and in recovering the tone of mind, heart, spirit, and manners in view of an early return to their occupations and homes. As inflammation of the eyes requires confinement in a darkened room, and on the removal of the evil light is gradually introduced, so as not to wound but to strengthen the delicate visual organs, so in diseases of the brain, in recovering from them, there are stages of freedom to be attained even slowly, until the full restoration.

RECEIPTS AND EXPENDITURES.

By referring to the detailed statement herewith submitted, you will observe that the hospital received from all sources (including balance with treasurer and cash on hand April 1, 1872) the sum of seventy-nine thousand, seven hundred and ninety-three dollars and thirty-eight cents ($79,798.38), and that the total expenditures during the same period were seventy-seven thousand, nine hundred and eighty-one dollars and fifty-six cents ($77,981.56), leaving a balance with treasurer and cash on hand of $1,811.82.

Religious services have been conducted regularly every Sabbath afternoon during the year by the clergymen of Middletown and vicinity. About one-half of all the patients are in condition to attend and enjoy these exercises. In their behalf, I desire thus publicly to acknowledge the obligation we are under to those gentlemen who have gratuitously and at much personal inconvenience rendered this service. Much has been done during the year by officers, employes, and friends to amuse and instruct those committed to our care. Many valuable slides were added to the collection, and the stereopticon was used one evening in the week, except when the time was occupied by lectures, readings, or concerts. The usual dancing parties have been continued during the cool season of the year.

To the Rev. C. M. Loomis we are indebted for an interesting lecture on South Western Africa, illustrated by drawings and the exhibition of implements and weapons used by the natives.

To Mr. Barnabee and troupe for one of their inimitable musical entertainments.

To Prof. Franklin and friends for an " Old Folks Concert."

The billiard room has continued to be a resort for some of our patients.

During the summer a base ball club was organized from among officers and employes, which was sufficiently skilled to play matched games with clubs from other towns. As the ball ground is located a few rods from the hospital, this sport

attracted and interested the south wing patients, and thus helped to while away many summer afternoons.

Hon. T. S. Gold, secretary of State Board of Agriculture, furnished nine volumes of reports, for which we are under renewed obligations; also to A. B. Gillette of Hartford, for a complete set of Scott's novels, handsomely bound; to Geo. F. Prior of Middletown, several volumes of magazines and books; to Messrs. Thorne, Copeland, Hubbard, Putnam, McLean, Rockwell, and Finney, for similar favors; Mrs. Fellowes of New Haven has continued to furnish the London Illustrated *News*, which I have had bound for permanent use.

To the publishers of the subjoined list of newspapers, received gratuitously, I would return thanks. Among our readers are many persons who watch for their "daily" with as much eagerness as do men in other conditions of life. I trust that other papers may be added to the list during the year.

Hartford Daily Courant,	Hartford, Conn.
" Evening Post,	" "
" Weekly Times,	" "
The Religious Herald,	" "
Conn. General Advertiser,	" "
New Haven Evening Register,	New Haven, Conn.
" " Morning Journal and Courier,	" " "
" " Weekly Palladium,	" " "
Conn. Herald and Weekly Journal,	" " "
The Constitution, Weekly,	Middletown, "
Sentinel and Witness,	" "
Norwich Daily Advertiser,	Norwich, "
" Weekly Courier,	" "
Tolland County Journal,	Tolland, "
Bridgeport Republican and Standard,	Bridgeport, "
Meriden Daily Republican,	Meriden, "
Westport Advertiser,	Westport, "
Whitney's Musical Guest,	Toledo, Ohio.
Watson's Art Journal,	New York City.
Moore's Musical Record,	Manchester, N. H.

During the year just drawing to a close I have been aided in this arduous work by many officers and employes whom it would be a pleasure to mention by name with words of com-

mendation for their constant, untiring, and self-sacrificing devotion to their several duties. To all such I am under heartfelt obligations. Others, from lack of natural fitness or want of proper self-respect and self-control, have found by experimental knowledge that other fields of labor were better adapted to their several idiosyncrasies. With all such I have endeavored to deal kindly, firmly, and justly, always placing the best interests of the hospital first and foremost. It can never be considered as any mark disrespect, when an individual is not likely to gain credit or give satisfaction in a station, to give him an opportunity to embrace another pursuit better calculated to advance his own interests.

At your meeting in October you saw fit to increase your superintendent's duties and responsibilities in a manner which I trust has contributed to the efficiency and better management of the hospital. For this new mark of confidence, and for your cordial and intelligent co-operation during another year, I am truly grateful. Humbly invoking the blessings of Divine Providence, I again commend this institution to your continued oversight.

Respectfully submitted,

A. M. SHEW,
Superintendent.

Middletown, Conn., March 31, 1873.

TREASURER'S REPORT.

The following statement of the fiscal concerns of "The General Hospital for the Insane of the State of Connecticut," for the year commencing April 1, 1872, and ending March 31, 1873, is respectfully submitted to the Board of Trustees.

RECEIPTS.

Balance in treasurer's hands, April 1, 1872,	$1,091.57
Amount received from State treasurer (appropriation),	39,500.00
Revenue account from the Hospital,	86,834.29
Total,	$127,425.86

PAYMENTS.

Amount paid Savings Banks for notes given by the trustees,	$39,500.00	
Less interest refunded,	553.38	$38,946.62
Amount of superintendent's orders,		86,895.26
Balance in treasurer's hands, March 31, 1873,		1,583.98
Total,		$127,425.86

All of which is respectfully submitted,

M. B. COPELAND,
Treasurer.

MIDDLETOWN, CONN., April 1, 1873.

We hereby certify that we have examined the vouchers and accounts of the treasurer, of which the above is an abstract, and find them correct.

BENJAMIN DOUGLAS, }
JULIUS HOTCHKISS, } *Auditors.*

SUPERINTENDENT'S FINANCIAL REPORT.

DEBTOR.

1872.			
April 1.	To balance in bank, ...	$1,065.27	
"	To cash on hand, ...	170.81	
Oct and Nov.	To temporary loan deposited with treasurer, ...	9,712.08	
1873.			
March 31.	To cash received as revenue, deposited with treasurer, ...	77,122.21	
"	To rebate of interest from trustees' notes deposited with treasurer, .	553.38	
			$88,623.75

CREDIT.

April,	1872.	By vouchers, ...	$8,950.39	
May,	"	" "	3,479.91	
June,	"	" "	6,207.47	
July,	"	" "	9,607.47	
August,	"	" "	3,789.43	
September,	"	" "	6,851.65	
October,	"	" "	14,991.33	
November,	"	" "	6,198.63	
December,	"	" "	4,863.48	
January,	1873.	" "	4,278.60	
February,	"	" "	4,509.78	
March,	"	" "	4,253.44	
				$77,981.56
January,	1873.	Amount paid temporary loan,	5,000.00	
March,	"	" " " "	3,830.37	
				$8,830.37
March 31,	1873.	Balance in bank, ...		1,583.98
"	"	Cash on hand, ...		227.84
Total, ...				$88,623.75

REPORT OF TRUSTEES.

To the Honorable, the General Assembly of the State of Connecticut:

The undersigned, the board of trustees of the General Hospital for the Insane of the State of Connecticut, at Middletown, herewith present their eighth annual report.

They would gratefully acknowledge the loving protection of the Heavenly Father which has guarded and blessed the hospital another twelve-month. In many respects the year has been to it one of real prosperity. More patients have shared in its benefits than heretofore. The whole number treated during the year, ending April 1, 1874, was five hundred and twenty-four. The number remaining at that date was three hundred and ninety-four. Of their condition, and much else, that is of interest in their case, the report of the superintendent herewith submitted contains valuable information. In it will be found also important facts relative to the practical working of the institution.

The farm has been well tilled and highly productive. Great care has been taken to increase its fertility, to make needed improvements, and to keep all the buildings in good repair.

The income of the establishment has been managed with economy and skill. The thorough and exact system of keeping accounts continues to work satisfactorily, and the bills for current, as well as all other expenses, have been promptly met.

The commission appointed by the Governor, in accordance with the terms of the appropriation made in 1871 and in 1872, have completed their labors in a manner that reflects the highest credit upon those gentlemen, and additional honor upon the State, which can in these days secure from its citizens services of so great value for a work so important, protracted, and difficult.

The south wing, capable of accommodating one hundred and five men, was completed and formally opened for patients on the 6th day of January last, in the presence of the Governor, the State Board of Charities, and other distinguished citizens. It has afforded a much-needed relief to a considerable number of patients, who had been carried to hospitals out of the State, and to others whose insanity is recent. The north wing, opened last year for women, has been full for months, and it appears certain that the south wing will soon be insufficient for the number of men needing its care.

At no very distant day, as the board believes, cottages, neat, attractive, and not too expensive, will be required, in which a class of quiet patients can enjoy advantages of home-like surroundings, and those convalescing may be better prepared to enter again with comfort and safety the busy scenes of life. This would probably be the most economical manner of providing for patients when the number shall exceed the present capacity of the institution.

It is due to the officers and attendants of the hospital to say that they have continued to perform their daily duties in a manner so conscientious and discreet, and with so much tact, as to deserve a full measure of commendation and confidence.

It is fitting in this connection to mention our common loss, when, in January last, death suddenly took from the superintendent his estimable wife, deprived the family of her friendly, cheerful, and healthful influence, and the patients of the enjoyment of her admirable musical gifts in conducting the service of song in the chapel.

As the buildings have now been completed after the original plan, and the institution is free from debt, the trustees desire to say that they hold in grateful remembrance the successive legislatures which gave the charter in 1866, and voted always the full appropriations asked for by the board to carry out the humane design of the charter — appropriations that have in the aggregate been much larger than, at the outset, any one anticipated.

The good people of this State also have shown an intelligent and generous appreciation of, and a steadily increasing interest in this enterprise, as they have learned its necessity, and observed its beneficent working. Nor would we fail to mention the many wealthy and influential citizens who, notwithstanding the cost, have, when difficulties were greatest, encouraged the board to go forward, and have steadily aided to insure success.

To all these we tender our hearty thanks, in behalf of hundreds of afflicted men and women, who were poor and ready to perish from disease and mental weakness; but who have now been warmed and fed, and tenderly cared for under this roof, whereby many of them have been restored to their right mind.

We regard this institution as an honor to Connecticut. In no State, as we believe, are patients like these receiving medical treatment more scientific, considerate, or successful, or care from attendants more intelligent, kind-hearted, and faithful.

The hospital asks for no appropriation this year. We would recommend that the name be changed to "The Connecticut Hospital for the Insane."

The official terms of the members of this board from New London and Windham counties expire in 1874.

All of which is respectfully submitted.

CHARLES R. INGERSOLL,	*New Haven.*
SAMUEL G. WILLARD,	*Colchester.*
JOSEPH D. BATES,	*Danielsonville.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
SAMUEL LYNES, M.D.,	*Norwalk.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
BENJAMIN DOUGLAS,	*Middletown.*
JULIUS HOTCHKISS,	"
JOSEPH CUMMINGS,	"

REPORT OF SUPERINTENDENT.

Gentlemen, — I have the honor to submit the eighth annual report of the General Hospital for the Insane of the State of Connecticut, together with comprehensive statistical tables, arranged in uniformity with those adopted by "The Association of Medical Superintendents of American Institutions for the Insane."

The official year, ending March 31, 1874, has been one of peculiar interest. During this period you have witnessed the completion of the hospital, so far as the plan was adopted by the proper authorities, in 1866.

For the first time in its history, this institution has been in condition to receive promptly all applicants of both sexes. As a result the number of persons admitted and discharged, and the total number under treatment exceeds that of any previous year.

Referring to the tables, it will be noticed that there were remaining two hundred and seventy-one (271) patients at the date of the last annual report, of whom one hundred and thirty-eight (138) were males, and one hundred and thirty-three (133) were females; ninety-three (93) males and one hundred and sixty (160) females have since been admitted, making a total of five hundred and twenty-four (524) persons who have received custodial or curative treatment. The disparity of admissions in the sexes is explained by the fact that during the first few months of the official year male patients could be received only when vacancies occurred by death, discharge, or removal. The daily average was 339.51. Of the one hundred and thirty (130) persons who were discharged, thirty-seven (sixteen men and twenty-one women) were regarded as recovered; thirty (nine men and twenty-

one women) were so much improved that they were permitted to go home on trial, and have since, in nearly all instances, become fully restored; twenty-eight (thirteen men and fifteen women) mild chronic cases were removed before the completion of the new wings, to make room for others. The deaths were thirty-five (eighteen men and seventeen women) which is equal to 6.67 per cent. of the total number under treatment. It is worthy of special remark, that one-fourth of those who died had passed beyond the time allotted to man, and twelve of the remaining number were between fifty and seventy years of age; the average was 51.74 years, which is considerably above the mean average of past years. There were eighteen (18) deaths among two hundred and thirty-one (231) male patients and seventeen (17) among two hundred and ninety-three (293) female patients. One person died two days after admission, one, three, one, six, two, thirteen, two, fourteen, and one, fifteen; but the majority of deaths were the result of degenerative changes, incident to long-continued mental disease.

Referring to Table No. XXVIII, you observe that of three hundred and ninety-four (394) patients remaining at this date, only thirty-five (35) are considered curable. This opinion is based upon the fact that in three hundred and fifty-nine (359), the disease has already lasted from two to forty years. It is discouraging to contemplate that such a large proportion will probably continue more or less deranged during life, when perhaps a majority of these might have been cured if promptly submitted to hospital treatment.

It is reasonable to presume that the number of admissions during the past year is a fair criterion of what may be expected in future. Assuming that the discharges and deaths of the next twelve months will equal those of the past, and that the admissions continue in the same ratio, a little calculation demonstrates that the hospital, which has accommodations only for four hundred and fifty (450) patients will be crowded to its full capacity before the expiration of another year. It will then be necessary to delay admissions until vacancies oc-

cur, or to send the quiet, harmless chronic patients to the almshouse (a possibility that I shudder to contemplate) to make room for acute cases who come to us from the laboring and active classes of life.

At this date Connecticut may well be proud of the position which she occupies in providing for her dependent classes. Reliable information from town and judicial officers discloses the gratifying fact that *all*, or *nearly* all, of the insane poor have been removed from jails and almshouses to this institution, while the Retreat at Hartford, with its well-furnished apartments, affords accommodations to those who are able to pay liberally for care and treatment. Now, before the actual pressure begins to be felt, would it not be wise to consider what future provision will be required for the insane of Connecticut?

A public institution of this kind, erected, owned, and governed by the State, should be open and accessible to every citizen of the State who needs its protecting care. In theory class distinctions are unknown; the rich and the poor, the learned and the ignorant, alike become insane and require custodial treatment—in a majority of cases away from home. In actual practice thus far the policy has been to favor the poor and indigent.

By referring to Table No. X you observe that of the two hundred and fifty-three (253) persons admitted during the year two hundred and twelve (212) were supported wholly or in part by the State and towns, while only forty-one (41) were able to pay their own expenses. This distinction in favor of the poor is still more evident when you consider the class of admissions from the opening of the hospital in 1868. Of the eight hundred and ninety-six (896) admitted since the beginning seven hundred and ninety-nine (799) were beneficiaries and only ninety-seven (97) self-supporting.

It will be perceived (Table No. IV) that four persons were admitted during the year who were not insane. To relieve the fears of any nervous or over-anxious reader of this report who has perhaps spent many sleepless nights in useless

suspicions after reading "Hard Cash" or listening to the plausible harangue of some pretentious lecturer, who by touching upon this sensitive cord of the public mind succeeds in filling the otherwise empty seats. I would explain that one of the four was a convict from Wethersfield prison who feigned insanity in order to effect a transfer to this hospital in expectation that he could easily escape from his lawful punishment! After a few months' residence here he was returned to his proper place. The second, a boy of fourteen years, after having burned several barns and a church, was brought to us from the Bridgeport jail to be placed under observation for the purpose of determining definitely his mental condition. It was soon evident that he was simply a cunning, unprincipled lad who needed the disciplinary teaching of the Meriden Reform School, to which he was duly sent. The third was also a case in which a medico-legal question was involved. The last of these "not insane" cases, a woman of intemperate habits and ungovernable temper, who was sent here by the town authorities, only remained two days. Thus it appears that none of the four were placed here "to get rid of them." On the contrary, they had committed crimes and were trying to evade justice. I hope the time may soon come when the public will have such confidence in the board of trustees and the resident officers of the hospital that the fact of a person being detained at the institution for any great period of time will be accepted as conclusive proof of his or her insanity and proper detention. Before leaving this subject I desire to place on record a statement founded upon an experience of thirteen years and embracing the care and treatment of 2,000 insane persons in four different States: I have not known a case of so-called "false imprisonment" in a hospital or asylum, neither have I had reason to suspect improper motives on the part of friends or public officers. Nearly all doubts and difficulties in any particular case grow out of the peculiarities of the case itself and ignorance respecting the nature of insanity.

It is generally supposed that an insane person must neces-

sarily rave, destroy, and disturb. This popular appreciation of insanity is shown by the questions daily asked by visitors who desire to see those patients who are "really crazy," meaning, of course, cases of acute mania. Persons familiar with hospitals soon learn that the proportion of "crazy" patients is very small, and that the majority of all under treatment after the acute stage has passed are more or less quiet and rational, able to eat and sleep, and to do various kinds of work the same as other persons. Many may have suicidal, homicidal, or extravagant propensities, which are kept in check by the watchful care of attendants and the regularity of institution life.

A hospital is doing its legitimate work as much in this way as it is when managing a dangerous and destructive maniac. Those who think differently might as well claim that a physician should only be called to the sick when dangerously ill. There are various degrees and forms of insanity, no two presenting the same exact characteristics. The restlessness and complaining spirit which is manifested by a proportion of patients is the result of disease, and not of confinement. This is shown by the fact that at home they were even more uneasy, and also that under proper treatment at hospital they recover from this manifestation, which is merely one symptom of the disease. We are apt to forget that persons become insane at home and not at the hospital, or, in other words, that the causes which produced the insanity in any given case were existing at home.

The cares, anxieties, and responsibilities of domestic life, especially among the poor, incompatibility of temper, uncongenial work, poverty of diet, and irregular habits are all sufficient to produce mental derangement in a person already debilitated. Hence, when removed to hospital, where regularity of diet, hours of exercise and repose, and attention to physical and moral treatment can be had, restoration is the natural consequence. The earlier the change is made the greater is the hope of cure. Often influenced by the opinions of officious neighbors and irresponsible busybodies, the friends de-

lay sending the loved one from home so long as they can manage to keep her there; finally, after months or years of dallying, when the disease has become chronic, they take her to a hospital and wonder why a cure is not effected.

We have been annoyed by the admission of several patients who were committed on the order of police courts or justices of the peace. The statute which authorizes such commitments is defective; it does not determine who is responsible for the payment of hospital bills in such cases. If the selectmen were not consulted before the commitment by the police court they generally refuse to acknowledge the indebtedness and refer us for payment to the Comptroller and his excellency the Governor. I do not find any statute which would authorize the approval of such bills. Thus far the hospital has obtained payment through the approval of the chief magistrate of the State.

I would suggest that an effort be made to secure the enactment of a proper statute to meet the requirements of such cases.

Notwithstanding the unsettled condition of financial questions, and the resulting uncertainty in business matters, the regular income from State, towns, and individuals has been sufficient to meet all our wants and to enable us to continue improvements on the farm and about the buildings. The plan adopted eighteen months ago of making all purchases for cash works to the satisfaction of all parties. By referring to the financial statement, herewith presented, you will observe that the hospital received from all sources (including balance with treasurer, $1,583.98, and cash on hand, $227.84, April 1, 1873), the sum of ninety-two thousand eight hundred and seventy-nine dollars and two cents ($92,879.02), and that the total expenditures during the same period, as per vouchers audited monthly by the finance committee, were eighty-seven thousand nine hundred and eighty-four dollars and twenty-nine cents ($87,984.29), leaving a balance of $1,499.30 with treasurer, and $3,395.43 cash on hand.

For special details respecting farm labor and its results, I

would refer you to some interesting facts, properly tabulated by Mr. Weatherbee, who has efficiently conducted the farming operations during the past five years. In this connection I would again bear testimony to the great value of out-door labor as an auxiliary means of treatment in mental disease. The old adage, respecting idle hands, applies to the occupants of an institution for the insane, and I have often thought that many lives were saved and minds restored to usefulness by judiciously disturbing the languor which usually accompanies chronic insanity. This kind of work is not generally profitable, and to develop it requires peculiar adaptation in those who have the immediate care of such persons. A pleasant smile and an encouraging word will sometimes induce a patient to perform manual labor which, in the end, may aid in his restoration to health.

It may be a matter of surprise to those who are not familiar with the daily life and habits of the insane in hospitals, to learn that a large proportion of all male patients at this institution have been employed about the farm or buildings under slight supervision, or were allowed the liberty of the grounds, during the summer months, unattended. The following tables, showing the relative number in each year, were carefully prepared by Dr. Hallock:

1869,	average number present,			109.	No. at large,			29.	Per cent. at large,	26.6
1870,	do.	do.	do.	115.	do.	do.	35.	do.	do	30.4
1871,	do.	do.	do.	120.	do.	do.	37.	do.	do.	30 8
1872,	do.	do.	do.	131.	do.	do.	55.	do.	do.	42.0

An additional number, who were considered safe to be at liberty, but for various reasons (lameness, old age, dementia, etc.) remained in the house or airing courts, is shown by the following statement:

1869,	there were . .	19.	1871, there were . . 23
1870,	do. . .	20.	1872, do. . . 22

By adding together the above tables, the total number who were in condition to be trusted with their freedom, needing no supervision whatever, so far as elopement is concerned, will be as follows:

1869,	No. present,	109.	No. at large,	29	added to	19,	total,	48.	Per ct.,	44.0
1870,	do.	115.	do.	35	do.	20,	do.	55.	do.	47.7
1871,	do.	120.	do.	37	do.	23,	do.	60.	do.	50.0
1872,	do.	131.	do.	55	do.	22,	do.	77.	do.	58.7

Of the number actually at liberty, without supervision, only two needed restraint at intervals, on account of periodical excitement.

The value of custodial treatment is demonstrated by these facts; we know from actual experience that the regularity of hospital life is sufficient to keep many of the above-mentioned persons within the limits of self-control; and that when restored to full freedom at home (a frequent occurrence), they soon go beyond the limits, and are returned to us in a worse condition than at first.

Owing to the unfinished condition of the grounds, and the presence of many workmen employed about the new wings, we have not tested the question of relative trustfulness between males and females. My impression, formed from general observation, is, that a much smaller number of the latter class can be trusted with liberty. The disease appears to develop more of the restless and unruly elements in her organization; she is less contented with her surroundings and treatment, and more desirous of attention from officers and visitors; then, too, it is more difficult to provide employment adapted to each case.

I trust that you will not consider it inappropriate for me to refer to the unfinished condition of the grounds immediately surrounding the hospital. As building operations have terminated, now would seem to be the proper time to commence the work of grading and systematically laying out the walks and drives. A definite plan should be selected, and the services of an experienced landscape gardener provided for; nearly all of the heavy labor can be performed by our regular working force. The importance of this matter is so obvious that I need not offer special reasons therefor.

A variety of evening entertainments, consisting of lectures, readings, concerts, tableaux, and dramatic representations,

have been furnished during the year. Two hundred new slides were purchased and used in the stereopticon with gratifying results.

It is my purpose to do all that can be done in this direction to relieve the tedium of hospital life. In pursuance of this plan many books are added monthly to the different ward libraries, and engravings hung upon the walls, whenever the funds will admit. Early in the year an arrangement was made with the dealers to furnish daily all of the preceding day's papers remaining unsold. In addition, the publishers of the following-named newspapers have, as heretofore, generously furnished copies regularly and gratuitously; to all such our acknowledgments are due.

Hartford Daily Courant,	Hartford,	Conn.
do. Evening Post,	do.	do.
do. Weekly Times,	do.	do.
Religious Herald,	do.	do.
Connecticut General Advertiser,	do.	do.
New Haven Evening Register,	New Haven,	do.
do. Morning Journal and Courier,	do.	do.
do. Weekly Palladium,	do.	do.
Connecticut Herald and Weekly Journal,	do.	do.
The Constitution,	Middletown,	do.
The Sentinel and Witness,	do.	do.
Norwich Daily Advertiser (part of year),	Norwich,	do.
do. Weekly Courier,	do.	do.
Tolland County Journal,	Tolland,	do.
Bridgeport Republican and Standard,	Bridgeport,	do.
Meriden Daily Republican (part of year),	Meriden,	do.
Whitney's Musical Guest,	Toledo, Ohio.	
The Sheltering Arms (monthly),	New York City.	
Watson's Art Journal,	do.	do.

In addition to these contributions, the following donations have been received.

A fine set of Marryatt's Novels, twelve volumes, from A. B. Gillette of Hartford. The "Surgical and Medical History of the Rebellion," from Dr. Samuel Lynes of Norwalk. Five dollars and a number of books from Mr. Burroughs of Middletown. H. D. A. Ward, Esq., contributed a complete set of the New York *Daily Graphic* (in bound volumes), together with files of old papers and magazines. As in former years, Hon. T. S. Gold, Secretary State Board of Agriculture, has furnished volumes of Agricultural Reports from other States.

We are under especial obligations to the following-named gentlemen for a course of seven interesting and highly instructive lectures:

President Cummings, Wesleyan University, on Foreign Travels.
Prof. Wm. North Rice, do. do. on Glaciers.
Prof. C. T. Winchester, do. do. on Oliver Goldsmith.
Dr. C. L. Loomis, Middletown, two lectures on Southwestern Africa.
Rev. J. H. Bradford, Middletown, on Temperance.
Col. B. S Pardee, New Haven, on Western Life.

Early in the summer a number of young ladies of the South Congregational Church Sabbath-school formed a mission for the purpose of collecting flowers and arranging bouquets, to be sent to the hospital on every Saturday afternoon. The interest increased until the whole school was engaged in this good work; as a result, our people received and enjoyed weekly from one hundred to one hundred and fifty beautiful bouquets, which were distributed in all the wards, sitting-rooms, dining-rooms, and parlors. To those who have cheerfully devoted their time to this benevolent purpose, our acknowledgments are due.

Since the opening, in 1868, religious services have been held every Sabbath afternoon at two o'clock, much to the advantage, comfort, and benefit of the patients, a large proportion of whom have been present at the services. No regular chaplain is employed. We are therefore under greater obligations to the reverend gentlemen of Middletown and vicinity who have devoted their time gratuitously to this work.

No changes have occurred in the staff of officers. If experience and length of service adds to the efficiency of persons engaged in ordinary avocations, it must be evident that labor which requires special training and peculiar adaptation will be more intelligently performed by those who have devoted their best energies for years to the work.

In November an increase of numbers necessitated the employment of another medical officer. Dr. Calvin S. May, of New Haven, a graduate of Yale Medical School, was

chosen to fill the place, which he has occupied since that time. If thorough professional preparation and entire devotion to the work are important qualifications, you are fortunate in having secured the services of Dr. May as second assistant physician.

I am under renewed obligations to the officers, attendants, and employes who have endeavored, with ability, fidelity, and tact, to secure for this institution a still greater measure of usefulness. Surrounded by the peculiar difficulties incident to the care of those suffering from mental and moral deviations, it would be strange indeed if we have succeeded in satisfying everybody. Our aim has been to restore health by proper medical and moral treatment; failing in this, to control, protect, and provide for the safety, comfort, and well being of those committed to our care.

In conclusion, I desire to express my deep obligations to the members of your board, who, by intelligent co-operation and personal kindness, have greatly assisted in sharing the burdens of another year.

Respectfully submitted,

ABRAM MARVIN SHEW,
Superintendent.

Middletown, Conn., March 31, 1874.

REPORT OF TREASURER.

The following statement of the fiscal concerns of "The General Hospital for the Insane of the State of Connecticut," for the year commencing April 1, 1873, and ending March 31, 1874, is respectfully submitted to the Board of Trustees.

RECEIPTS.

Balance in hands of treasurer, April 1, 1873,	$1,583.98
Revenue account from the hospital,	91,067.20
Total,	$92,651.18

PAYMENTS.

Amount of superintendent's orders,	$91,151.88
Balance in hands of treasurer, March 31, 1874,	1,499.30
Total,	$92,651.18

All of which is respectfully submitted,

M. B. COPELAND,
Treasurer.

MIDDLETOWN, CONN., April 1, 1874.

We hereby certify that we have examined the vouchers and accounts of the treasurer, of which the above is an abstract, and find them correct.

H. SIDNEY HAYDEN,
JOSEPH CUMMINGS,
Auditors.

SUPERINTENDENT'S FINANCIAL REPORT.

1873.		*Dr.*		
April 1st.	To cash on hand, . . .	$227.84		
	To balance in bank, . . .	1,583.98		
1874.				
March 31.	To revenue (for year), . . .	91,067.20		
				$92,879.02

		Cr.		
April, 1873.	By vouchers, . . .	$5,988.07		
May, "	" " . . .	5,755 21		
June, "	" " . . .	6,976.77		
July, "	" " . . .	7,240.86		
Aug., "	" " . . .	8,104.47		
Sept., "	" " . . .	8,951.67		
Oct., "	" " . . .	7,838.12		
Nov., "	" " . . .	7,217.23		
Dec., "	" " . . .	6,989.40		
Jan., 1874.	" " . . .	7,451.90		
Feb., "	" " . . .	7,523.54		
March, "	" " . . .	7,947.05		
				87,984.29
Mar. 31, "	" Cash on hand, . . .			3,395.43
"	" Balance in bank, . .			1,499.30
				$92,879.02

REPORT OF TRUSTEES.

To the Honorable, the General Assembly of the State of Connecticut:

The Board of Trustees of the Connecticut Hospital for the Insane respectfully present this their Ninth Annual Report, for the year ending March 31, 1875.

The records of the past year show the usefulness of your institution in its care of 605 patients to the first of April instant. At that date there were 450 insane persons, from all parts of the State, in the hospital. The tabular statements, in the absence of Dr. Shew, prepared by Dr. Hallock, exhibit the usual details as to patients, the phases of their disease and the success attending their treatment.

During the last autumn your superintendent, Doctor Shew, was seized with an illness which threatened to be serious and permanent. Medical advisers and friends concurred with your trustees that an absolute respite from care for some months was a necessity. His record of faithful devotion to the hospital, from a period before the foundations of it were laid, was almost a rebuke to us that we had not earlier insisted upon his taking his regular annual vacations. This forced one was voted, by a full board unanimously. From letters received from him we are encouraged to believe that his relief from care will produce a permanent cure, and that in June he will return to his post.

His absence would have been more seriously felt by the hospital but for the able helpers left in charge,—Dr. Hallock and Dr. May, the assistant physicians, also the matron and assistant matron, who have all faithfully and loyally devoted themselves to carrying on the established system of the work. The clerk and the farmer have been no less faithful in their

departments, and have deservedly gained regard and confidence.

We are the more particular to mention the above, as in Dr. Shew's absence all have shown interest in the harmonious working of the hospital, worthy of praise.

The special duties of head of the institution, during the absence of the superintendent, were devolved, by vote of the board in December last, on our co-trustee, the Hon. H. Sidney Hayden of Hartford County, from whom the trustees have received the following communication :

"The commissioners employed in the erection of the new north and south wings reported to the General Assembly of 1874, that after the completion of their work, there remained in hand four thousand five hundred dollars. With this money they proposed to erect a suitable mortuary building to form a lodge and gateway at the north entrance to the hospital grounds on Silver street. This work has been now completed."

Annexed is presented the certificate of E. W. Moore, that vouchers for the full amount of the appropriation, namely, for one hundred and eighty thousand dollars, have been presented and found correct.

" The commissioners having completed the lodge and gateway, advantage was taken of the delightful fall months of October and November to commence the first systematic effort to grade the grounds of the hospital. The plans for grading have been furnished and the work will be carried on this year."

It has been very gratifying to those to whom you have intrusted this benevolent institution, to observe the lively regard which it receives from the officers of the towns, who have the duty of sending patients to it, and of punctually paying the charges for their maintenance. The good which the institution has done and is doing, and the evils which it has averted, seem to have made a favorable impression, of which we speak with high satisfaction.

His Excellency, the Governor, has placed in his message a

number of significant statements as to the increase of insanity generally in the world, and especially in this State. These statements will rightly impress you more than any we can make; that increased accommodations are already needed is only too painfully clear.

The responsibility for such increase is left to the wisdom of your honorable body.

In conclusion, the trustees gratefully acknowledge the manifest Divine favor, which has another year crowned with blessing the labors for those bereft of their reason.

The official term of the members of this board from New Haven and Middlesex counties expires in 1875.

All of which is respectfully submitted,

CHARLES R. INGERSOLL,	*New Haven.*
RICHARD S. FELLOWES,	"
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
SAMUEL LYNES, M.D.,	*Norwalk.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
JOSEPH D. BATES,	*Danielsonville.*
BENJAMIN DOUGLAS,	*Middletown.*
JULIUS HOTCHKISS,	"
JOSEPH CUMMINGS,	"

COMPTROLLER'S OFFICE, STATE OF CONNECTICUT,
HARTFORD, May 6, 1875.

I hereby certify, that I have examined the bills and vouchers presented by the commissioners, for the erection of the new north and south wings of the "Connecticut Hospital for the Insane," at Middletown, and find the same amount to the sum of one hundred and eighty thousand dollars ($180,000), to be correct.

E. W. MOORE.

REPORT OF ACTING SUPERINTENDENT.

I have the honor to lay before you the following report, exhibiting the operations of the hospital for the year ending March 31, 1875, together with the usual statistical tables after the forms adopted by the Association of Medical Superintendents.

	Males.	Females.	Total.
Number of patients at the beginning of the year,	175	220	395
Admitted in the year,	122	88	210
Whole number treated,	297	308	605
Discharged,	78	77	155
Remaining,	219	231	450
Average present during the year,	198.63	227.17	425.80

During the year forty-one patients were discharged recovered, forty-four improved, thirty-four stationary, and thirty-six died.

The following table shows the admissions and discharges from the beginning of the hospital:

Total number of patients admitted,		1,106
Total number discharged,—recovered,	194	
Total number discharged,—improved,	145	
Total number discharged,—stationary,	153	
Total number of patients died,	164	
		656
Number remaining,		450

SUMMARY OF FACTS AND GENERAL OBSERVATIONS.

Of the 1,106 patients admitted since the opening of the hospital, 124 have been private or paying; 336 indigent or partly self-supporting; and 646 have been of the pauper class.

The ratio of recoveries and deaths is about the same as last year.

The proportion recovered of all under treatment was something over six per cent.; last year it was seven per cent.

The proportion of deaths of all under care was a little less than six per cent.; last year it was a trifle over six per cent.

The ratio of deaths of the average number present was eight and a half per cent.; last year it was a little over ten per cent.

During the past year, especially the last quarter, the amount of sickness has been greater than previously; yet notwithstanding this fact the death rate is less this year than last by nearly two per cent. Among the employes there has also been considerable sickness, necessitating the employment of more than the usual amount of help.

The internal affairs of the institution have gone on throughout the year uninterrupted by any accident, or other event worthy of special mention.

The cottages continue to be occupied and serve a useful purpose. These buildings, owing to age and original frailty, require considerable yearly outlays to keep them in repair and in a good sanitary condition.

The new south (male) wing, which was opened in January, 1874, became filled with its complement of patients in February last, thirteen months from the date of opening. It will be remembered that the new north (female) wing was wholly occupied in just one year from the time it was opened, and that soon after female applicants had to go upon a waiting period or were referred to other hospitals. A like condition of things will soon be experienced on the male side of the house. So far, however, since that wing became full, vacancies have occurred as fast as new patients have arrived.

During the year there were transferred to the hospital from the prison at Wethersfield, three "insane" convicts. After an extended observation, however, two of them were found to be malingerers, and their cases were accordingly reported upon to the Governor, who remanded them back to prison. The number of insane convicts now in hospital is eight.

Weekly amusements and entertainments have taken place as usual. In addition to the stereopticon exhibitions and dances, we have had, under the management of Dr. May and Mrs. Dutton, several readings, concerts, theatricals, etc., taken part in by our own employes. These have been very successful and much enjoyed by the patients.

We are under obligations to Miss Chapman of Middletown, for an evening entertainment of select readings; to Messrs. Coleman, Arnold, Van Buren, and Craik of the Berkeley Divinity School, for a vocal concert; to Dr. C. L. Loomis of Middletown, for two interesting lectures (illustrated), entitled "The Wings of Thought;" to the Rev. Mr. Greeley of New Hampshire, for two lectures on scenes and events connected with our late civil war.

The publishers of the following named newspapers have continued to furnish copies regularly and gratuitously:

Hartford Daily Courant,	Hartford,	Conn.
do. Evening Post,	do.	do.
do. Weekly Times,	do.	do.
Religious Herald,	do.	do.
Connecticut General Advertiser,	do.	do.
New Haven Evening Register,	New Haven,	do.
do. Morning Journal and Courier,	do.	do.
do. Weekly Palladium,	do.	do.
Connecticut Herald and Weekly Journal,	do.	do.
do. Weekly Journal,	do.	do.
Weekly State Journal,	do.	do.
The Constitution,	Middletown,	do.
The Sentinel and Witness,	do.	do.
The Republican and Standard,	Bridgeport,	do.
Connecticut Western News (most of the year),	Salisbury,	do.
The Sheltering Arms,	New York city.	
Watson's Art Journal,	do.	do.

The following contributions have been received:

From Rev. R. T. Thorne, Middletown, Conn., several copies weekly of the Parish Visitor; Mrs. E. B. Monroe, Southport, Conn., pamphlets and books; Mrs. H. S. Hayden, Windsor, 14 bound volumes Harper's Magazine; J. W. Bradley, Philadelphia, books and engravings to the value of one hundred dollars; Mrs. Perry, Southport, Conn., papers and magazines; Rev. Mr. Graeber, Meriden, Conn., German Bibles and books; Chas. H. Kent, Kansas City, Mo., illustrated papers; Mrs. Gorham, Wilton, Conn., four dollars cash for library of 7th hall, north; George H. Hulbert, Esq., Middletown, Conn., the Independent and the Advance; Mrs. Benj. Douglas, Middletown, Conn., Fashion Magazines; Col. Benj. S. Pardee, New Haven, Conn., several pots of choice plants; A. Van Name, Librarian of Yale College, a large number of London Illustrated papers; Miss Stowe, New Haven, Conn., decorations for ward parlor; Miss Green, Mass., flower vases for ward parlor; A. B. Gillette, Hartford, Conn., three valuable fowls; Hon. T. S. Gold, Secretary State Board of Agriculture, several volumes of Agricultural Reports from other States.

We are under special obligation to the South Congregational Sabbath School "Flower Mission" for their very valuable weekly gift of flowers to the hospital during the past summer.

Religious services have been held on every Sabbath, conducted by clergymen of Middletown and students of the Berkeley Divinity School; also, occasionally, by students of Wesleyan University. To these gentlemen we would express our sincere thanks.

Rev. Father O'Brien of Middletown has on several occasions held services on week days.

During a part of the winter Dr. Charles H. Langdon was engaged as one of the assistant physicians. He left on the first of March to assume a permanent situation at another institution. Since that date the medical service has been performed by the two medical officers present.

A report of the steward's department will be given in detail by the clerk.

The farm, under the management of Mr. Weatherbee, has been highly productive. For details you are referred to the farmer's report herewith presented.

The various outside matters, improvements begun, completed, and in contemplation, I leave to be presented by Mr. Hayden, who is thoroughly conversant with them.

If not out of place, I would mention with praise the treatment and management of the male patients by Dr. May. I can speak in the highest terms of his skill, tact, and judgment. He has also rendered valuable professional assistance on the female side of the house.

In closing this imperfect report, it remains to say that to Mr. Hayden are due from us, one and all, many thanks for his wise counsel and aid in our work, and I may say it is owing to his good judgment and watchful care over the institution that it has prospered as it has during the absence of the superintendent.

Respectfully submitted,

W. B. HALLOCK.

Middletown, Conn., March 31, 1875.

TREASURER'S REPORT.

The following statement of the fiscal concerns of The Connecticut Hospital for the Insane, for the year commencing April 1, 1874, and ending March 31, 1875, is respectfully submitted to the board of trustees:

Receipts.

Balance in hands of Treasurer, April 1, 1874,	$1,499.30
Revenue Account from the Hospital,	119,584.00
	$121,083.30

Payments.

Amount of Superintendent's orders,	$116,674.85
Balance in hands of Treasurer, March 31, 1875,	4,408.45
	$121,083.30

All of which is respectfully submitted.

M. B. COPELAND,
Treasurer.

Middletown, Conn., April 1, 1875.

We hereby certify that we have examined the vouchers and accounts of the treasurer, of which the above is an abstract, and find them correct.

H. SIDNEY HAYDEN,
JOSEPH CUMMINGS,
Auditors.

SUPERINTENDENT'S FINANCIAL REPORT

Debtor.

April	1, 1874.	To Cash on hand,	$3,395.43	
"	"	To Balance in Bank,	1,499.30	
March	31, 1875.	To Revenue (for year),	118,584.00	
				$123,478.73

Credit.

April,	1874.	By Vouchers,	$9,330.05	
May,	"	" "	10,820.45	
June,	"	" "	9,150.82	
July,	"	" "	12,506.62	
Aug.,	"	" "	8,004.64	
Sept.,	"	" "	8,825.52	
Oct.,	"	" "	12,320.64	
Nov.,	"	" "	10,380.28	
Dec.,	"	" "	6,869.46	
Jan.,	1875.	" "	13,171.10	
Feb.,	"	" "	8,040.38	
March,	"	" "	9,213.37	
				118,633.33
Mar. 31,	"	" Cash on hand,		436.95
" 31,	"	" Balance in Bank,		4,408.45
				$123,478.73

REPORT OF TRUSTEES.

To the Honorable, the General Assembly of the State of Connecticut:

The Trustees of the Connecticut Hospital for the Insane have now the honor to submit their tenth annual report to the 31st of March, 1876, together with the interesting and suggestive report of the superintendent, including tabulated statements of admissions, discharges, deaths, nationalities, etc. A description of the hospital and its history during its first ten years, with a summary of its benevolent work, have been added in a separate article by Dr. Shew.

The largest number of patients on any one day was four hundred and sixty-four (464). The smallest number on any one day was four hundred and forty (440). These figures show that the hospital has been full — it is only just to say *crowded*, during the whole twelve months past.

Those in charge appreciate the desire of the town officials to have all of their insane accommodated, and realize how natural are expressions of disappointment when, owing to the crowded condition of the wards, their special cases cannot, at once, on the occasion of need, be promptly admitted.

Patients are received in turn according to dates of application. There are now fourteen (14) waiting for room on the male side, and fifty-one (51) for the female department.

The question of the future provision of accommodation for the insane is an important and interesting one to every legislator and benevolent man.

During the year Miss Dix acceded to the wishes of your board for a likeness of herself, and generously gave to the hospital an oil portrait, richly framed. It hangs in the trustees' room, and is a beautiful reminder of her continued interest in the prosperity of the Connecticut institution, which in its inception owed so much to her wise counsel and self-sacrificing efforts to secure its successful organization.

A large amount of work has been done in grading the grounds in front of the buildings, and a much-needed enlargement has been made to the laundry and boiler house, which has added sleeping rooms for the work people, a reading room, repair shop, etc., etc.

The hospital income has sufficed to meet the ordinary expenses and repairs of the institution, and to make the above improvements. The report of the treasurer is appended to this.

The attention of the legislature is respectfully called to the fact that in some instances, the poor of a town have been "farmed," outside of its borders, to other towns. Difficulties have thereby arisen in collecting dues from contractors, and several hundred dollars are in arrears, which your hospital would have received but for the complications growing out of the practice here complained of.

It is a satisfaction to acknowledge the almost universal promptness with which the town officials have paid the bills of the patients.

Our physicians and other resident officers have been faithful in their duties.

It should be mentioned in this report, that there are forty (40) patients, thirty-three (33) males and seven (7) females of the criminal class, in the hospital.

The official terms of the members from Litchfield and Fairfield Counties expire this spring.

For the constant blessing of God, which has attended this hospital during the past year, the trustees feel ever grateful and encouraged.

All of which is respectfully submitted.

CHARLES R. INGERSOLL,	*New Haven.*
ROBBINS BATTELL,	*Norfolk.*
SAMUEL LINES, M.D.,	*Norwalk.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
JOSEPH D. BATES,	*Danielsonville.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
BENJAMIN DOUGLAS,	*Middletown.*
JOSEPH CUMMINGS,	*Middletown.*
JULIUS HOTCHKISS,	*Middletown.*

April 1, 1876.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN:—Agreeably to custom, I herewith submit the usual tables with the details and statistics of the hospital, for the year ending March 31, 1876. The number of persons under treatment exceeds that of any previous twelve months. The general health of officers, employés, and patients has been good; fewer changes have occurred among those engaged in the work, and consequently more efficient service has been rendered.

In keeping the records and preparing tables therefrom the same rules are observed as in former years. Without these precautions the tabulated statistics or any deductions based upon them would be worthless. For instance, at some hospitals it is customary to discharge a patient when he leaves the building and to re-admit him on a new number whenever returned. Thus an individual, suffering from periodical insanity, may leave the hospital and return several times during twelve months and appear on the records each time as a new admission. To avoid error, it has been our custom to record such cases as "home on a visit," or "on trial." At the end of the year the records are balanced and all persons accounted for. Thus the number of admissions represents an equal number of persons; this rule applies to discharges and recoveries.

At the date of the last report there were remaining four hundred and fifty (450) patients, of whom two hundred and nineteen (219) were males and two hundred and thirty-one (231) were females. There have been since admitted to this

date, one hundred and sixty-six (166) patients; one hundred and eight (108) males, and fifty-eight (58) females.

Of this whole number, six hundred and sixteen (616), forty-five (45) were discharged recovered, forty-six (46) improved, thirty-two (32) stationary, and thirty-three (33) died. The daily average during the year is 452.64. The smallest number present on any one day was four hundred and forty (440). The largest number four hundred and sixty-four (464). The following table shows the number of deaths annually, the percentage of average number, and percentage of whole number present during each year:

DEATHS AND THEIR RATIOS, FROM MAY 1, 1868, TO APRIL 1, 1876.

Official Year.	Whole No. of Patients.	Daily Average No. of Patients.	DEATHS.			Per Cent. on whole No. of Patients.	Per Cent. on Daily Average No. of Patients.
			Men.	Women.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225.17	18	3	21	6 12	9.32
1870–71,	307	237.	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6.25	7.86
1873–74,	524	339.51	18	17	35	6.67	10.30
1874–75,	605	425 80	21	15	36	5.95	8.45
1875–76,	616	452.64	26	7	33	5.35	7.31

The comparatively low death rate during the year is partly attributable to a number of favorable circumstances, which cannot always be counted on. With constantly increasing numbers of chronic cases, advanced in years, and worn out by long-continued maniacal excitement, we must sooner or later reach the limit beyond which good nursing, favorable hygienic arrangements and regularity of habits and diet may not prolong life. By referring to the table of causes you observe that nearly one-half of all deaths were the result of incurable organic changes, such as Bright's disease, general

paresis and apoplexy. It will be observed that one hundred and eight (108) men were admitted during the year, and only fifty-eight (58) women. This has been owing simply to want of room in the wards devoted to females in consequence of a larger percentage of chronic cases and fewer recoveries. As the wards allotted to men are now crowded I believe that hereafter the admission will be more equally proportioned. Without knowing this you might infer that mental disease was more curable in one sex than in the other. Experience shows that under the same influence there is little difference. One fatal form of insanity, general paresis, is becoming more common among men, while it rarely affects women; hence we may reasonably expect more frequent recoveries, and, consequently, more vacancies as well as more deaths among the men than among the women.

Statutory provision is made for three classes of patients, and the treatment for all is the same.

Mental Condition is the only true basis of classification. Previous social standing does not protect from abnormal and often repulsive mental manifestations. It is no uncommon experience to have those who are refined and cultured develop the opposite qualities when under the influence of strong delusions. The friends of highly excited patients sometimes express surprise and regret that their loved ones are not domiciled in a quiet ward with convalescents, where books, pictures, and flowers adorn the walls and recesses, giving to each an air of comfort and home-likeness which is pleasant to behold. It is perhaps natural and excusable that they should lose sight of the fact which is evident to all others — that one excitable person would disturb and jeopardize the recovery of others. Hence we have always exercised the privilege of classifying patients according to their mental condition.

Of the three classes for whom the law provides there are at this date three hundred and two (302) paupers, one hundred and thirty-five (135) indigent, and twenty-three (23) paying patients. The first group includes all who are sent by the selectmen of towns or the State authorities. The

second class comprises such as have moderate means and are able to pay one-half the expense of support, the balance being charged to the State. All such are admitted on the order of probate judges, who are by law required to determine the fact of indigency. The last group includes those who are self-supporting, either personally or by friends.

Believing that a State hospital should provide primarily for those who are in moderate circumstances, I have invariably advised applicants of the latter class to seek accommodations elsewhere. I do not understand that the superintendent has discretionary power in the premises, hence when friends insist upon admission here, I have entered their application in regular order. The admissions during the year were one hundred and sixty-six (166) patients, but it should be borne in mind that *double* that number applied for entrance. The waiting period was often six months. Quite a number died before their turn came; others were sent to institutions out of the State; but the majority remained at home or in the almshouses, to the great annoyance and sorrow of friends and officials, until the period most favorable for treatment had passed. Who can estimate the sum total of suffering, anxiety, and care incident to these delays? Neither the hospital nor its officers are responsible, yet they receive the burden of blame.

The officers are deeply pained when patients are brought to the hospital for whom the needed applications have not been made. We have by circulars and the press and by personal letters tried to prevent town officers from bringing patients without notice, and thus save useless expense. When a hospital is filled, every additional case disturbs the order, destroys classification and multiplies the difficulties incident to successful treatment of the insane. In the attempt to benefit one, positive injury results to many. The officers have endeavored to make vacancies whenever practicable; no violent or highly-excited person has been refused admission when a quiet chronic case could be exchanged. In this way many milder patients have gone back to the town houses, and others to their homes. As the hospital is now filled to

its utmost capacity with a large proportion of cases who from age, infirmity, or disease, require hospital care, the number of discharges will be proportionally less, and the applications for admission increasingly greater. Judging from the past and from the character of those now occupying the wards, we cannot reasonably expect to discharge more than one hundred and fifty (150) persons during the next twelve months. Experience shows that in a population of 600,000 there will annually occur at least three hundred new cases of insanity who should receive prompt treatment. What provision can be made for the remaining one hundred and fifty?

This is a vital question which should receive your earnest and careful consideration.

Nothwithstanding the general financial depression, the bills for board and other expenses have been promptly paid. A number of patients have been sent by order of judges, in compliance with Chapter V, Title VIII, of Revised Statutes. The law is defective, in that it does not explicitly determine who shall be responsible for the support of such cases. The institution can only look to the town from which the patient is admitted. If sent by order of a police court or a justice of the peace, the selectmen may perhaps refuse to pay the bill, and thus oblige the hospital to resort to legal measures for its collection. I have reason to know that in a few instances, selectmen have neglected complaints respecting insane persons, and have allowed other parties to apply to police courts rather than assume their official responsibilities. A majority of these cases, however, come before the courts charged with crime; when acquitted of the charge on the ground of insanity, they are promptly transferred to the hospital. During the past year seventeen persons, (16) males and one (1) female have been thus admitted. Of this number, one was imbecile, three epileptic, and two proved not insane; the others were ordinary cases of insanity. There are also twenty-three remaining in hospital who were admitted in former years, making a total of forty (40), thirty-three (33) males, and seven (7) females, of the so-called class of

criminal insane, or about nine (9) per cent. of the entire number.

A brief analysis of the nature of the crime for which they were arrested may be of interest to those who are tabulating facts respecting pauperism, insanity, and crime. One person was arrested for throwing stones through the windows of a railroad car, while in motion; one for bigamy; one for killing a neighbor's cow; another for breaking house windows; two for vagrancy; two for arson; two for breach of peace; three for theft; five for murder; and twenty-one for assault and battery. Six of these were transferred from the State Prison at Wethersfield, and their history would seem to indicate that they were insane when tried and convicted.

Another annoyance to the hospital in the collection of bills, grows out of the old but no less barbarous custom, which still exists in some sections, of "farming out" the poor to the lowest bidder. By this arrangement the hospital is virtually at the mercy of the contractor.

A census of the hospital population on January 1, 1876, prepared by Dr. C. S. May, showing the relative proportion of Americans and foreigners, and the manner of admission, is of special interest. At that date there were four hundred and sixty-four (464) patients, twenty-four (24) of whom were Americans and self-supporting. One hundred and thirty-two (132) were indigent, sixteen (16) of whom were of foreign birth, and able to pay one-half of the expense at hospital. Three hundred and eight (308) were supported entirely at public expense, of whom one hundred and eighty-one (181) were foreigners. Thus it appears that one hundred and ninety-seven (197) persons, or two-fifths of the whole number under treatment at that date, were not of American birth, and only sixteen were paying anything towards defraying their expenses.

A repulsive feature of some forms of mental derangement is the change of *personal habits* of individuals. Those who are naturally quiet, modest, and taciturn become boisterous and rude; others who are exquisitely neat and cleanly, manifest untidy propensities that would astonish their intimate

friends. It has been our aim during the past year to study the so-called "filthy habit" of the insane for the purpose of ascertaining how much of it could be corrected by watchful care, personal attention to habits and mild discipline.

The subjects of this habit may be divided into three classes: Those who from paralysis or other physical causes are unable to control their secretions; those who from absorbing delusions become unconsciously filthy; and lastly, those who are partially demented, habitually lazy, or morally insensible, preferring to remain untidy rather than make any exertion. In a hospital population made up largely of the chronic insane, there is an average of 9 per cent. who are inclined to be habitually filthy.

I am indebted to Dr. May for careful attention to this subject. The following statistics show the results of his labor and how much can be done by watchfulness on the part of attendants, and some additional care bestowed upon this class by the night watchman:

Average Number Present.		Number with "Dirty Habit."		Per Cent. of Habit.	
June, 1875,	225	June,	21	June,	8.88
October, 1875,	225	October,	14	October,	6.22
November, 1875,	225	November,	8	November,	3.55
March, 1876,	230	March,	7	March,	3.04

Thus it will be seen that there were in June last twenty-one men who regularly wet or soiled their beds nightly, out of a population of two hundred and twenty-five. Early in October the number had been reduced to fourteen, and at this date there are only seven. These facts relate to male patients; we are not able to make as favorable a showing respecting female patients. Closely allied to this subject is another of even greater importance. I refer to the question of mechanical restraint. Experienced alienists have differed respecting the amount of restraint advantageous to the wel-

fare of the insane. Some superintendents have found it necessary to employ more or less restraint in nearly all acute cases, and in many chronic; while others of equal experience theoretically discard all mechanical appliances for controlling the excitable or turbulent, and depend entirely upon medicinal remedies and watchful attendance. Without attempting to discuss the merits of the question I report that our experience has led us to follow a medium policy. We have been governed in our course by the actual case presented. In some forms of acute mania, where it seemed necessary to economize all remaining strength, I have prevented its expenditure by confining the patient to a soft bed in a quiet, darkened room, alone. I conscientiously believe that this method is less exciting to the patient and more humane than the manual holding by nurses. The mere presence of another person in the room will often prevent a patient from sleeping.

After thus admitting the usefulness of restraint in certain cases, I desire to protest against the tendency to use it in ordinary cases of chronic insanity where employment, diversion, and watching would obviate the necessity for it. In this respect we have made great progress during the past year. On the first of November last, with a population of two hundred and twenty-five (225) male patients, only two were subjected to any form of mechanical restraint; one had his hands in a leather muff to prevent the removal of bandages from his leg; the other wore a camisole waist a part of the time to keep him from destroying his clothing. During the past three months these two men have been without restraint, and we have actually conducted the hospital on the male side on the non-restraint plan. I am under obligations to the officers and attendants who have taken so much pains to further efforts in this direction. Much of its success depends upon the character of the attendants having immediate charge of the wards. Kindness, regularity, and watchful attention are efficient qualities in this direction. The great want in every hospital is occupation; patients who are in suitable condition to do so go out with a sense of relief to farm work, to the kitchen,

laundry or sewing room, and regard the change as diversion. The object in setting a patient to work is not that he may repay cost of treatment, but it is to aid him in casting aside fancies and in returning to healthy feelings and thoughts.

It is not my purpose to discuss the labor question as it relates to the insane and their hospitals. There are many arguments in favor of the more general occupation of insane persons. I would simply report that from the opening of the hospital to the present time we have endeavored to employ all who were in condition, whenever suitable work could be provided. Four years ago I found by actual tables that we were regularly employing 24 per cent. of the hospital population. Referring to the table of classification on page 13 you observe that one hundred and thirty-six patients are employed systematically. There are in addition forty persons among the other classes who do their own mending and making of clothes, embroidery, and fancy needle-work; hence out of a population of four hundred and fifty-four (454) persons in March, when the tables were prepared, one hundred and seventy-seven (177,) or 39 per cent. of the whole number, were at various kinds of work for several hours daily. When insanity becomes to be regarded, as it should be, a physical disease, like other nervous diseases, it will lose half of the dread which has surrounded it; it will not then be hidden as a crime, and the patient himself will not feel the misery of avoidance and mistrust which annoy so deeply the convalescent patient.

It is difficult to get rid of old notions on the subject of "lunatics." The popular idea is that they are raving, desperate maniacs, dangerous to approach. Visitors enter the wards of an asylum with the expectation of meeting *madmen*, and are therefore often surprised to see groups of patients sitting in the halls or parlors, perfectly quiet, and only "curious about the curiosity of the stranger." This favorable condition results simply from the regularity and the system of classification in modern hospital life. Insanity does not wholly alter a man's nature; old habits, instincts, and feelings may be twisted or exaggerated, but still form a part of his

nature as ordinarily shown. Hence when removed from their surroundings and those influences which were acting as a disturbing element, and he finds the shelter of a comfortable hospital home, his prospects for a return of healthy mental action are measurably improved. In order that you may easily comprehend our condition, I have carefully prepared the following table, in which the whole hospital population is divided into eight classes, according to their mental and physical condition:

	Epileptic, Idiotic, and Demented.	Infirm, Aged, and Crippled.	Periodic.	Maniacal, Noisy, Destructive, Quarrelsome, and Filthy.	Ward Workers.	Workers on the Farm, Kitchen, Laundry, &c.	Convalescent.	Could be taken care of at home or at Almshouse.
First Hall, South,	2	2	..	9	4	15	..	1
Second Hall, South,	3	..	1	4	7	11	1	2
Third Hall, South,	4	..	2	7	3	5	1	3
Fourth Hall, South,	3	1	..	10	1	2	..	4
Fifth Hall, South,	1	..	2	15	5	7	..	1
Sixth Hall, South,	2	1	..	15	4	3	1	2
Seventh Hall, South,	1	..	..	10	3	1	4	1
Eighth Hall, South,	1	3	..	10	5	1	..	5
North Cottage,	..	1	..	..	3	7	..	3
First Hall, North,	2	1	3	19	3	5	..	1
Second Hall, North,	5	1	1	8	3	8	..	5
Third Hall, North,	1	..	2	7	5	2	3	3
Fourth Hall, North,	1	5	..	10	..	..	..	3
Fifth Hall, North,	3	3	1	18	5	1	..	2
Sixth Hall, North,	..	3	1	14	2	8	..	3
Seventh Hall, North,	2	3	4	6	4	..	2	2
Eighth Hall, North,	1	5	..	6	2	..	..	5
South Cottage,	1	1	..	5	1	..	..	7
Total,	33	30	17	173	60	76	12	53

An analysis of this table shows (33) patients who are epileptic and idiotic; thirty (30) who are infirm, aged, and crippled; seventeen (17) who suffer from periodical mania, having regular paroxysms of excitement followed by lucid intervals, these are always incurable and among our most troublesome patients; one hundred and seventy-three (173) are maniacal, noisy, quarrelsome, destructive, and filthy;

sixty (60) assist in ward work and mending; seventy-six (76) go out regularly to the kitchen, laundry, sewing-room, or farm; twelve (12) are convalescent and will soon return to their homes; fifty-three are quiet, chronic patients, who could be taken care of at home (if possessed of such a place) or at the almshouse. The first four classes include two hundred and fifty-three (253) persons who require constant attention and hospital care. Among the class of ward workers are thirty turbulent chronic cases, who need supervision and restraint; there are also thirty who are improving and may recover, some of whom could be provided for elsewhere. Of those who labor more or less continuously out of the wards, thirty (30) are turbulent, noisy, or destructive, and require constant attendance, among whom are many of the criminal insane; forty of this class are quiet, chronic patients, or convalescents, who are better provided for at the hospital but could be taken care of at home. The division of convalescents includes all who have recovered but remain a few days or weeks to regain full mental vigor.

This careful analysis shows that there at this date one hundred and twenty-three persons in the hospital, who, while under its regular influences, manifest no particular demonstration that would absolutely require hospital restraint. Their insanity is of a mild character. It is from this class that we are continually sending patients away to make room for more urgent cases. Within the past few years one hundred and fifty (150) have in this way been returned to the almshouses or to their friends. I do not believe the policy economic or humane in the end; sooner or later these cases return to us in a worse condition, and while at home often prove a burden to their poor families who can ill afford to give up regular employment to watch and protect these unfortunates.

When I have urged selectmen of towns to remove certain mild cases they have invariably answered, "It is better for us to support the cases at the hospital than to have their families on our hands, as they generally are when the irresponsible person returns home." As in all other questions,

there are two sides to this one, and it is often peculiarly difficult to determine the best policy.

Thus, it will be seen that your hospital is over-crowded by the indigent insane, a majority of whom may require its protecting care as long as life continues; and yet there are sixty-five applications for admission more than we can accommodate. Another hospital is needed as much to-day as this one was ten years ago.

For details respecting farm products, I would refer you to Mr. Weatherbee's report. Under his management the farm is being steadily improved and brought up to a high state of cultivation. Here I may properly allude to the large amount of work done last season in grading and finishing the grounds, laying walks, roads, and underdrains, preparatory to planting of trees and shrubbery. This work is of so much importance in view of its influence upon the insane that I ask you to press it forward to completion.

In a large building filled with persons of destructive habits, there is a continual process of wear and waste, which must be met and corrected. It has been my policy, as you know, to not only keep up the repairs but also to make improvements where experience indicated the necessity. At the quarterly meeting in July, a committee was appointed to reconstruct and add to the laundry building. This work has been completed in a most substantial manner. Nine sleeping rooms are added for the accommodation of employés; also a reading-room, supplied with books and papers regularly. The wooden floor which had rotted in the laundry had been replaced by a smooth slate tile floor laid in cement over brick arches. We have introduced one of Weston's centrifugal wringers; have enlarged the ironing room in connection with a fire-proof room for the sad-iron heater, and in other respects have greatly increased the facilities for washing and ironing. All the new shafting in the laundry is supplied with "mettaline boxes" which have thus far worked admirably. Late in the autumn you decided to enlarge the boiler-house and replace the worn out "Root boilers" with a large drop-flue boiler, similar to those already in use. A

contract was made with H. B. Beach & Son of Hartford, who have completed their work to the satisfaction of your committee. To increase the draft, the main chimney was carried up thirty feet to a hight of one hundred and fourteen feet. While engaged in this perilous undertaking one of the mason tenders was fatally injured by the accidental fall of a brick which struck him on the head, causing a fracture of the skull and concussion of the brain.

It is again my pleasant duty to acknowledge with sincere gratitude the reception of various donations, indicative of an interest in the hospital and its field of usefulness. During the past three years our patients have received one hundred bouquets weekly from the "Flower Mission" connected with the South Congregational Church Sabbath-school. Who can estimate the sum total of pleasure thus delicately and fragrantly communicated?

We have received from George H. Hulbert, Esq., the "Independent" and the "Advance"; Rev. R. T. Thorn, copies weekly of the "Parish Visitor"; Hon. T. S. Gold, several volumes of "Agricultural Reports"; Mrs. Benjamin Douglas a cabinet organ and books for Seventh Ward; Mrs. Fellowes, package of "London Illustrated News"; A. Van Name, librarian of Yale College, large package of "Punch" and English illustrated papers; A. M. Smith, Esq., a box of thirty books; A. B. Gillette, a set of Thackeray's novels, finely bound; Miss Dix, game of buffet; Messrs. Peck and Skilton, two rustic settees for front porch; Mrs. Samuel Colt, thirty dollars for books.

We are under obligations to the publishers of the following named newspapers who have continued to furnish copies regularly and gratuitously:

Hartford Daily Courant,	Hartford, Conn.
" Evening Post,	" "
" Weekly Times,	" "
Religious Herald,	" "
New Haven Evening Register,	New Haven, Conn.
" Morning Journal and Courier,	" "
" Weekly Palladium,	" "

Connecticut Herald and Weekly Journal,	New Haven, Conn.
The Commonwealth,	" "
The Constitution, Weekly and Daily,	Middletown, Conn.
The Sentinel and Witness, Weekly,	" "
The Republican and Standard,	Bridgeport, Conn.
The Tolland County Journal,	Rockville, Conn.
Connecticut Western News,	Salisbury, Conn.
Watson's Art Journal,	New York City.

Up to the present time the mechanical power for fan and laundry purposes has been obtained by the use of a small upright "Root" engine. Early in November your committee made a contract with the Hartford Foundry & Machine Co. for a twenty-five horse power horizontal engine of the "Woodruff & Beach" pattern. This engine was placed in position in February, and has been in use about four weeks. For simplicity, economy, and smoothness of motion it promises to maintain the high reputation which these engines have everywhere acquired. The exhaust steam from it is used in heating water for the laundry. The new engine-room is finished in a plain but neat manner, with ash and walnut woods oiled and varnished, the floor being tiled with red and green slate.

To you who are familiar with the daily life at this institution I hardly need refer to our system of amusements and entertainments. Any recreation which promotes innocent enjoyment, which is physically healthy and morally pure, is a social influence which should be cultivated. The aim has been to make our amusements attractive and instructive, and of such wise frequency as to be looked forward to with pleasure. Thus we have devoted one evening each week to music and dancing; two evenings to stereopticon exhibitions, and generally one evening to lecture, concert, or reading. Last autumn some of the officers, attendants, and patients, formed a minstrel troupe whose performances were very amusing and acceptable.

In November the Shepard Jubilee Singers gave us an afternoon concert, which was thoroughly enjoyed by all. We are under obligations to the South Congregational Church

choir for an evening devoted to choice music; and to Mr. Stack, daughter, and friends for an instrumental concert.

Religious services, conducted by clergymen of different denominations, are held regularly on Sabbath afternoons at two o'clock. The Rev. Father O'Brien has frequently performed service in accordance with the rites of the Roman Catholic Church.

During the past twelve months, no changes have occurred in the staff of officers, and but few among attendants or employés.

If experience and judgment acquired by length of service are desirable in ordinary pursuits, how much more valuable do they become when considered in relation to services rendered to the insane.

In consequence of the employment of many laborers and mechanics in carrying forward the improvements already described, considerable extra work devolved upon your clerk, Mr. F. B. Weeks. As in former years, so now, he proved equal to the responsibility in correctness, promptness, and efficiency. I am under especial obligations to my medical assistants for their continued aid and watchful care in the work to which we are assigned. During the absence of Dr. and Mrs. Hallock, last autumn, their duties were performed respectively by Dr. T. B. Bloomfield and Mrs. Dutton to my entire satisfaction.

By request I have prepared, and herewith submit, a history of this institution during its first ten years, to this date, with a description of the building.

In conclusion, permit me to express my grateful sense of obligation to the members of the board for hearty and intelligent co-operation and personal kindness. Relying upon their ready assistance in the future, and with unfaltering trust in an over-ruling Providence, we enter upon the duties of another year.

Respectfully submitted,

ABRAM MARVIN SHEW,
Superintendent.

Middletown, Conn., April 1, 1876.

HISTORY AND DESCRIPTION

OF THE

CONNECTICUT HOSPITAL FOR THE INSANE,

BY

ABRAM MARVIN SHEW, M.D., *Superintendent.*

Previous to the year 1840, the insane poor were kept confined in the almshouses of the towns; a certain number were generally well cared for in the "Retreat at Hartford." In the year 1840 an effort was made to provide a hospital especially for them.

A memorial, addressed to the General Assembly, stated that the number of pauper insane was eight hundred, and that there was pressing need of special provision for their care.

It is a coincidence that in 1840 a site for a hospital was selected at Middletown, about one quarter of a mile from the land which was presented to the State for the same purpose twenty-six years later. But a period of twenty years was allowed to pass before the legislature was ready to recognize the importance of providing a suitable state institution.

Mainly through the earnest and judicious efforts of Miss Dix during the session of the General Assembly at New Haven in 1866, an "Act to create a Hospital for the Insane in the State of Connecticut" was adopted as follows:

WHEREAS, — The Report of the Commission appointed by this Assembly in the year 1865, shows that there are seven hundred and six insane persons in the State of Connecticut, of whom two hundred and two are in the "Retreat" at Hartford, two hundred and four are in the almshouses; and three hundred

outside of both; and whereas, it is impossible to secure suitable care and medical attention for this large and deeply afflicted class, either in the "Retreat" or in the almshouses, or in private houses; and whereas, considerations of humanity and of true economy, as well as of public welfare, and of our holy religion, all alike demand that these persons should be liberally provided for by the State; therefore,

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. There shall be established and maintained, at some place in this State, to be selected by a board of trustees as hereinafter provided, an institution to be named, "The General Hospital for the Insane of the State of Connecticut."

Sec. 2. The government thereof shall be vested in a board of twelve trustees, consisting of the governor, and one from each county, to be appointed by the senate, and of three to be appointed by the other trustees, which three shall be selected from the town or vicinity in which the institution shall be located, two of whom shall be so appointed and commissioned annually; and the places of the two senior members, as they stand in the order of their appointment, shall be annually vacated; and no trustee shall receive any compensation for his services, but he shall be allowed the amount of expenses incurred in the discharge of the duties of his office, which amount shall be examined and allowed by the Comptroller of public accounts and paid from the treasury of the state.

Sec. 3. The trustees shall take charge of the general interests of the institution, ordain and execute its laws, appoint and remove its officers, select a suitable location and a plan for its buildings; shall exercise a strict supervision over all its expenditures, and discharge all other functions usually devolving upon such trustees; they shall have power to receive by gift or purchase a suitable farm; and receive a deed thereof, and the State treasurer shall pay therefor, in case of purchase, on the warrant of the comptroller.

Sec. 4. The superintendent shall be appointed by the trustees at their first or some subsequent meeting. He shall be a competent physician, and reside in or near the institution. As soon as possible he shall procure the plan of a suitable building or buildings, which shall be approved and contracted for by the trustees; he shall personally superintend its erection and arrangements, and

whenever one section or building shall be completed, he shall open the institution for patients upon such terms and conditions as said trustees shall prescribe, always giving the preference to the most urgent cases, and to the people of this state. He shall be the treasurer of the institution, keep full and accurate accounts of his receipts and expenditures, and of the property entrusted to him. All accounts, with suitable vouchers, shall be submitted to the trustees, as they shall require. He shall, before entering upon his duties, give a bond to the treasurer of the State, with acceptable sureties, in the sum of five thousand dollars, conditional that he shall faithfully account for all moneys and property received by him as superintendent; but no trustee shall be superintendent of the institution.

Sec. 5. The State treasurer shall pay to the trustees, on the warrant of the comptroller, such sums of money as they shall require for the location and the building of the hospital, not to exceed five thousand dollars at any one time, and the expenditure of which shall be accounted for to the comptroller, with the vouchers, before any other sum is advanced.

Sec. 6. The trustees shall hold their first meeting on the call of any three of their number, due notice being given to all.

Sec. 7. Thirty-five thousand dollars are hereby appropriated to carry into execution the provisions of this act.

Sec. 8. This act is to take effect immediately.

Approved June 29, 1886.

In accordance with the provisions of Section 2 of the above act, the following named persons were appointed trustees, and at once, with unanimity and zeal, entered upon the important duties confided to them.

H. SIDNEY HAYDEN,	*Hartford County.*
LEVERETTE E. PEASE,	*Tolland County.*
BENJAMIN W. TOMPKINS,	*New London County.*
Rev. SAMUEL G. WILLARD,	*Windham County.*
WILLIAM B. CASEY, M.D.,	*Middlesex County.*
RICHARD S. FELLOWES,	*New Haven County.*
Rev. CURTIS T. WOODRUFF,	*Fairfield County.*
ROBBINS BATTELL,	*Litchfield County.*
BENJAMIN DOUGLAS,	*Middletown.*
JULIUS HOTCHKISS,	*Middletown.*
Rev. JOSEPH CUMMINGS, D.D., LL.D,	*Middletown.*

The first meeting of this board was held at Hartford, July 20, 1886. His Excellency, Governor Joseph R. Hawley, presiding. To prevent needless delay in the accomplishment of the great object to which they were appointed, committees were named to visit other hospitals, to select a superintendent, to procure a suitable site and plans for building, etc.

After several meetings and hearing the claims and liberal propositions of other towns, the board formally and unanimously accepted about two hundred acres, which the town of Middletown offered gratuitously to the State for the purposes of the hospital.

It was subsequently made evident that the institution would require a larger possession and adjoining lots; in all about one hundred acres were purchased by the trustees.

The site of the present hospital is about one mile and a half southeasterly of the city of Middletown, bordering on the Connecticut River, is dry and healthy, easy of access by land and water, commanding on all sides extended views of a beautiful region — and what is of special mark, includes the absolute control of a living stream called "Butler's Creek," which furnishes an abundant supply of pure, soft water, adequate to all the requirements within the walls, and sufficient for the mechanical and ornamental uses of engines and fountains.

The judicious vote at their first meeting, alluded to above, led the trustees to inform themselves individually of the needs in detail of institutions for the relief of insane, and they visited several hospitals, and so brought together facts, and the experience of well-known superintendents in other States, of direct value to their object.

On the 15th of October, 1866, Dr. Abram Marvin Shew, then connected with the New Jersey Lunatic Asylum, was appointed superintendent, and immediately entered upon the duties of the office.

Upon a plateau of the farm nearest the town, excavations for foundations were begun, and a permanent road to the highway constructed, to facilitate the progress of the building early in the following spring.

During the winter, the superintendent was engaged in elaborating the details of plans which he had submitted, and which were adopted unanimously, with approval by the board of trustees. Mr. Addison Hutton, architect, of Philadelphia, was employed to make working drawings and occasionally to inspect the construction of the building. On the 20th of June, 1867, the corner-stone was laid with impressive and appropriate ceremonies, by Governor James E. English, in the presence of the State officers, members of the legislature, and a large concourse of interested spectators. Addresses were made by Governor English, ex-Governor Hawley, Dr. Pliny Earle of Northampton, Mass., Rev. Dr. Cummings of Wesleyan University, and Prof. Thacher of Yale College. During the year the work was vigorously pushed on. The carpenter shop, laundry, bake house, kitchen, boiler-house, center building, first south wing, and one return wing were enclosed before cold weather, and completed during the winter. At a meeting of the board, Feb. 25th, held at the residence of H. Sidney Hayden of Windsor (at that time disabled by a painful accident), on the recommendation of the superintendent, Dr. Winthrop B. Hallock was appointed assistant physician, and his wife, Mrs. Mary Hallock, matron, and Charles W. Galpin of Middletown, steward.

One male patient was admitted on the 29th day of April, 1868, although the hospital was not formally opened until the next day, when twelve men were received.

The daily average number of patients during the first eight official years, is shown in the subjoined table:

Official Year.	Men.	Women.	Total.
1868–1869, ...	79.35	6.12	85.47
1869–1870, ...	110.63	114.54	225.17
1870–1871, ...	119.	118.	237.
1871–1872, ...	124.15	118.43	242.58
1872–1873, ...	132.10	132.43	264.53
1873–1874, ...	146.32	193.19	339.51
1874–1875, ...	198.63	227.17	425.80
1875–1876, ...	225.60	227.04	452.64

There have been admitted to this date (April 1, 1876) twelve hundred and seventy-two (1,272) patients; seven hundred and fourteen (714) males, and five hundred and fifty-eight (558) females. Of this whole number, two hundred and thirty-nine (239) were discharged recovered, one hundred and ninety-one (191) were discharged much improved, one hundred and eighty-five (185) were discharged not improved, one hundred and ninety-seven (197) died, leaving the number in hospital to-day four hundred and sixty (460), of whom two hundred and twenty-seven (227) are males, and two hundred and thirty-three (233) are females.

The first appropriation for this hospital was passed by the general assembly of 1866. Additional appropriations were made from year to year, and the work was steadily carried forward until January, 1874, when the last wing was completed and formally opened for the reception of male patients.

The subjoined table shows the total amount received from the State for the purchase of land, constructing of dam, reservoir, and water-works, and for the erection and furnishing of the hospital buildings. In accordance with the terms of the appropriation made in 1871–1872, a commission consisting of Hon. H. Sidney Hayden, Rev. Dr. Cummings, and Cornelius Brainard, Esq., was appointed by Governor Jewell to supervise the completion of the last two wings. Their labors were performed in a manner that reflects the highest credit upon them and honor upon the State which selected them.

Official Years.	Amount.
1866,	$35,000.00
1867,	150,000.00
1868,	200,000.00
1869,	35,543.00
1870,	39,500.00
1871,	90,000.00
1872,	90,000.00
Total,	$640,043.00

Thus it will be seen that the total sum appropriated by the State for this benevolent work is six hundred and forty thousand and forty-three ($640,043) dollars. Ample accommodations for 450 patients and necessary attendants are thus provided at the average rate of about fourteen hundred ($1,400) dollars per capita. When it is remembered that the entire work was done in the most substantial manner during years immediately following the rebellion, when prices of labor and all building materials were greatly enhanced in value, Connecticut people may justly feel proud of this favorable exhibit.

In the following description I shall endeavor to avoid confusing details, using figures only when necessary to convey an idea of size or space. The entire structure, including carpenter shop, boiler-house and laundry, is of Portland freestone, laid in broken range work, two feet in thickness, with tool-dressed quoins, window sills, and caps, water-table, belting course, and cornice, surmounted by a "French Roof" of slate and tin.

Inside the stone-wall there is a four-inch brick lining, leaving an air space of two inches between it and the stone, to insure dryness. The style of architecture is rigidly plain. The elevation was designed by Addison Hutton of Philadelphia.

The dimensions of the center or administrative building, are sixty feet in width, one hundred and twenty feet in depth, and four stories in height.

The floor of the lower story is four feet above the level of the ground, and a basement, seven feet six inches deep, extends under the whole building. The central portion of the cellar corresponding to the corridors above, is used as a closed air-duct in which are placed the pipes and radiators by which the rooms above are warmed and ventilated. On each side ample space is afforded for store-rooms, bowling alleys, and a tramway to carry food from the kitchen to the dumb-waiters, and the conveyance of clothing to and from the laundry. The first story of the main building contains, on one side an officers' dining-room, nineteen by nineteen feet, a

special diet kitchen, nineteen by twenty-two feet, and a large store-room, nineteen by forty-two feet. On the other side a room for the housekeeper, three rooms for female employes, a small store-room, a bath-room, and a store-room for the special diet kitchen, and a water-closet. The large store-room, mentioned above, has a slate tile floor, is fitted up with a sixteen foot Bramhall & Deade French range and steak broiler, jacketed soup and vegetable kettles, with necessary steam pipes, hot and cold water, sinks, etc., required for a duplicate kitchen whenever repairs or changes are needed in the main kitchen. As a matter of fact it has, until recently, been devoted to this purpose. The second, or principal story, is reached through a portico with a flight of six steps on either side to a lower landing, ten by seventeen feet, and a direct flight of ten steps to the main landing, which is sixteen by twenty-five feet. Four stone columns, two feet in diameter and seventeen feet in height, support the heavy stone cornice which is covered by a tin roof. Ornamented iron railings on the sides and in front, with two gas lanterns sixteen feet in height, add to the effect of the noble entrance. The entrance hall is fourteen feet wide, one hundred and sixteen feet long, and sixteen feet high. The first room on the right is the general business office of the medical staff; the second is the clerk's office, containing a lavatory, a store-room for records and small articles, permanent desks, and a fire-proof safe; the third room is devoted to dry goods and matron's stores; the fourth is a reception room for male patients, with a door opening into an alcove of one of the wards; the remaining room on this southern side is occupied by the assistant matron.

On the left of the entrance is the trustees' room, a large reception room for female patients, a dispensary and medical store-room, and rooms for the first assistant physician and matron. Midway, the hall is intersected by a transverse hall, with broad stairways leading to upper floors and to the wards. The second stories above, in front, contain rooms for the superintendent and family, and other officers; the rear of the third and part of the fourth stories form the chapel, a

commodious room, forty-four feet wide, fifty-six feet long, and twenty-two feet high, with oval recess ceiling, finished in a plain and neat manner, and furnished with stationary seats of ash and black walnut, a platform and lecturn of the same woods. The plaster finish of this hall was contributed by Richard S. Fellowes of New Haven, and the wood-work by H. Sidney Hayden of Windsor. The large and beautiful organ, which stands in the rear center of the chapel, was purchased from the South Congregational church for the sum of one thousand dollars, which amount was contributed by a few of the superintendent's friends. The instrument was manufactured by Mr. Johnson of Westfield, Mass.

On either side of the administrative building, and at right angles with it, are situated the wings, containing the accommodations for patients and their attendants. The first wing is forty feet in width, one hundred and twenty-four feet in length, and three stories in height, with an "L" or return wing, which also is forty feet in width, one hundred and eight feet in depth, and four stories in height. The walls are one foot eight inches in thickness, and have brick linings, similar to that described in the center building. The corridor and partition walls, fourteen inches in thickness, are of brick, with an air space of six inches in the center, into which are carried all the hot-air and ventilating flues. Corridors twelve feet in width and height extend the entire length of the wing, with alcoves ten feet in width on each side adjoining the center building, for light and air, and large triple windows, from floor to ceiling, at the ends. The "L" halls are ten feet in width, and at right angles with the corridors. Each ward contains a dining-room, twenty by twenty-one feet, furnished with china closet, wash closet with hot and cold water and dumb waiter; a day or reading-room, two associate dormitories for four and six patients, eleven single rooms, two rooms for patients, seriously ill, shut off by a passageway from the main corridor; one clothes-room, one front and one rear hall and stairways leading to outer doors, affording a ready escape in case of fire, and a large room for attendants. In each hall there is a water-

closet and wash-room adjoining the bath-room. The water-closet bowels are enameled cast-iron, funnel shape, and flushed with water whenever the door is opened, by a spring attachment. The waste-pipe from the closet and "slophopper" leads to the main soil-pipe, and this has a connection with the tall chimney of the boiler-house, as hereafter described. The bath-rooms are furnished with cast-iron tubs, of the approved pattern of Messrs. Morris, Tasker & Co. of Philadelphia. The supply of hot and cold water and the waste pass through one opening in the bottom. In a vertical duct from the basement to upper stories, opening by a door in each bath-room, is a "pipe-closet," connecting the supply of hot and cold water with each bath-tub, accessible only to the attendant. In each pipe-closet is a fire-plug with one hundred and fifty feet of hose permanently attached; and adjoining this a steam drying-room, containing coils of iron pipe placed under a rack upon which damp clothing, bedding, or wash rags can be dried.

The above description applies to the three stories of first wing. By continuing the brick corridor and partition walls up within the mansard roof which covers the "L" or return wing, a fourth-story ward ten feet six inches in height was obtained. The arrangement of rooms corresponds to the story underneath, and is particularly adapted to small classes of patients who only require dormitory accommodations.

The second section or wing extends in the same direction, but is set back fifty-eight feet from the front line of the return wing. Like that it contains in each of the three stories, a central corridor, twelve feet wide, one hundred and twenty-four feet long and twelve feet high, lighted at the end nearest the first wing by alcoves on either side, and a large triple window at the termination. The arrangement of dining-room, bath-room, water-closet, clothes room, and attendants' room, is similar to that already described. There is also a large parlor, rear and front stairways, fifteen single rooms, and four double rooms. In addition to the regular wooden doors, there is also a corrugated iron door on each story, which slides into a pocket in the wall, which, when closed,

forms a complete fire-proof shut off between the wings. A fourth-story ward is arranged with similar accommodations to that of the first section.

The interior part of the building is plain and substantial; the wood-wook is of Georgia yellow pine, oiled and varnished. The floors throughout are laid with three and four inch matched stuff, with coarse counter floors beneath, deafened by mortar one inch and a half in depth. The lower stories are used as wards for excited patients. The rooms on each side of the corridor are fitted with inside window shutters, hinged and locked, with a separate hot-air flue for each. Nearly all of the hot-air flues in rooms and corridors open seven feet above the floor and are guarded by locked registers, plain registers, or register faces. Every room has a ventilating flue that begins near the floor, is carried up in the brick walls independently of all other flues and without an opening until it terminates in a chimney four feet above the roof. Several years' experience has demonstrated the decided advantage of this arrangement over the plan commonly adopted, in which the flues terminate in the attic near a ridge ventilator, or in a large common duct passing horizontally through the attic, the air of which escapes through windows or by means of a cupola. The advantages are, independent perpendicular flues with a more uniform draft from each room; and entire safety from dangers by fire. Each ventilator is in reality a fire-place or a space in which a fire could be safely lighted. As a precautionary measure all of the stairways are closed at the sides, and, in the recently finished wings are of wrought-iron firmly anchored to the walls. The rear hallways open from the lower-story wards directly into four large airing courts, in which shade trees have been planted and summer houses erected. The single rooms for patients throughout the hospital are nine feet wide, ten feet six inches long, and twelve feet high. There are thirty-two rooms eleven feet wide, twelve feet long, and twelve feet high, which may be occupied by two patients or by a patient and a special attendant. The associate dormitories vary in size from ten feet six inches by eighteen feet, to twenty by

twenty-one feet, and twelve feet high, except in the small fourth-story wards previously described. The main structure, exclusive of rear buildings, is lighted by four hundred and seventy-four windows three feet wide and six feet high, eighty windows three feet wide and nine feet high, twenty-four triple windows nine feet wide and nine feet high. About thirteen thousand square feet of glass were required to glaze these windows, or a space to cover one hundred and thirteen feet square.

The rear central building, which is sixty feet wide, one hundred and fifty feet long, and two stories high, contains all the mechanical departments, and is situated in the rear of the hospital and is connected with it *under ground* by a double passageway in which the cars convey food from the kitchen and bakery, and clothing to and from the laundry.

Owing to the favorable slope in the rear, the first story is on a level with the cellar of the main buildings, and includes a bakery, a large kitchen and scullery, a laundry and ironing room, a *fire-proof room* for sad-iron heater, a fan wheel for forced ventilation, engine-room, engineer's fitting-shop, and lavatory and sinks. The second story embraces the sewing department, large dining-room, and twelve rooms for female employés. There are six rooms for male employés over the engineer's shop, and a large sitting-room furnished with books and daily papers for the use of the outdoor help. The boiler-house joins this building, and has a chimney one hundred and fourteen feet high and five feet wide at the top. It contains three large drop flue boilers six feet wide and twenty-four feet long. Two of these are sufficient to generate all the steam required for mechanical purposes, cooking, ventilating, and heating during the coldest weather.

A twenty-five horse power engine, manufactured by the Woodruff & Beach Foundry and Machine Co. of Hartford, furnishes power for the fan wheel, washing machines, and centrifugal wringer. The engine-room has a slate tile floor, and is ceiled in walnut and ash woods, oiled. The fan wheel blower is five feet wide and eleven feet six inches in diameter, and has eight blades bent at an angle of ten degrees; air is

admitted from a tower through an opening on each side; moving at the rate of forty revolutions per minute this blower forces a constant current of pure air through the duct under the corridors, which becomes heated by the radiators and passes directly to every room and hall in the entire building.

The hospital is heated by steam conducted from the boilers through a five-inch wrought-iron pipe covered with asbestos, to radiators (Gold's patent) placed in the cellar air-duct under the flues. By the use of these radiators put up in stacks of from ten to twelve in each box, the apartments are severally heated in the stories, one above another.

Experience shows that a more equal distribution of heat would be obtained by having the flues from each stack of radiators lead to one story; as, in the present arrangement, when the fan-wheel is not moving, the unequal length of the flues creates an unequal draft by which the upper stories are unduly supplied.

In an institution of this character a very important advantage of illuminating by gas over other modes is economy and cleanliness, and security against fire. During the month of November, 1867, the board of trustees made an arrangement with the Middletown Gas Light Company for the laying of a main six-inch pipe from their works to the hospital.

In one respect the Connecticut Hospital for the Insane is more favorably located than most of the older institutions. At a distance of one and a half miles from the building is a range of hills known as the "White Rocks." These hills are nearly destitute of soil and vegetation, but thousands of springs bubble forth from crevices in the rocks, unite, and form streams of considerable size which pass into the Connecticut river through a number of ravines. On one of these streams, known as "Trout Brook" or "Butler's Creek," a reservoir covering about two acres was formed by making a substantial dam across the ravine. This dam or embankment is one hundred and fifty feet in length, fifteen feet in width across the top, with a slant each way of eighteen inches to every twelve inches perpendicular. The inner slope is covered with broken stone; the top is four feet above high water

mark. A large waste canal, cut in the rocks on one side of the dam, carries off surplus water. The bottom of the reservoir was thoroughly grubbed of vegetable matter and soil before being used. The average depth of water is about six feet; elevation above the ground floor of the hospital seventy-four feet. From this reservoir a six-inch iron pipe conveys the water to the building. At suitable low points "blow-offs" were put in the main pipe by which sediment can be removed. The quality of the water is unexceptionable, and in *ordinary* seasons of sufficient quantity to supply several institutions of this size. During the greater portion of the year the amount of water passing off through the waste canal would be considered sufficient for a good mill privilege. On the banks of this reservoir a substantial ice-house, to store about one hundred tons, has been erected. This abundant supply of water "by gravity" enables us to dispense with costly and annoying tanks in the attic, and to use at all times an unlimited quantity in the closets and hoppers. All of the waste water, the sewage and the flowage from the roofs are conducted in cement drains under ground to the rear, where they unite in the main sewer, which is eighteen inches in diameter, has a rapid fall, and terminates two thousand feet east of the hospital; from thence the sewage is distributed over the farm by means of open ditches so arranged that the flowage may be turned from one field to another in rotation. Evidences of the value of the plan are apparent in the increased fertilization. The annual value of farm products averages about nine thousand dollars; a comparison of quantities from year to year shows the pleasing fact of a steady increase, attributable both to additional labor of our patients and to the improved condition of the land. It is our aim to gradually bring under tillage all parts of the farm, and by a system of drainage and use of the house sewage to enrich and improve land which has been heretofore of little value.

For the protection of stock and the preservation of farm products, a substantial barn was erected in 1869. It is situated on a slope, two thousand feet to the rear of the hospital, and has a sub-cellar for swine and manure, a commodious,

sheltered, and ventilated cellar (three sides above ground), to accommodate forty cows, and a superstructure of wood fifty-six feet in width, ninety feet in length, and twenty-three feet in height, for the storage of hay, grain, and farming implements; two cow-sheds sixty feet in length with stalls for twenty-eight head of cattle were added to the barn. A commodious slaughter-house with all the necessary appliances for heating water, hoisting carcasses, etc., adjoins the barn-yard; connected with this building is a piggery sixteen feet wide and one hundred and fifty feet long, with pens for eighty pigs.

During the past two years the grounds immediately surrounding the hospital have been enclosed and improved by grading and drainage. The carriage-drives and walks are carefully constructed after the "Telford" plan by Thomas McClunie of Hartford, who has efficiently directed this part of the work. When completed these pleasure-grounds, embracing forty acres of beautifully undulating land, will become valuable adjuncts in the proper management of the institution, and nearly all, no matter what may be their mental condition, will derive positive benefit from their regular and daily use.

At the principal entrance to the grounds stands a cottage "lodge" or gate-house of brownstone, with slate roof and ornamental iron cresting. It is arranged to accommodate the family of the gate-keeper, who will have charge of the walks and driveways. Our institution as yet is able to offer but few of the recreative amusements or employments possessed by older hospitals. A few games of harmless nature are provided, and the billiard-rooms invite those who are sufficiently restored to understand and enjoy the play. One evening each week is devoted to music and social enjoyments, which are participated in by patients and attendants under the direction of the officers. Two evenings are occupied by concerts, lectures, readings, or stereopticon exhibitions. The chapel has been regularly used on the Sabbath, to the advantage and comfort of our patients. Acknowledgments are gratefully and sincerely due to the reverend gentlemen of Middletown and vicinity who have cheerfully and regularly

conducted the church or chapel services since the opening of the hospital.

During the past four years a partial trial of the "cottage system" has been made; two dwelling-houses, situated a few rods south of the main building, were refitted and furnished in a plain manner for the occupation of fourteen male and sixteen female patients, selected from the class of quiet chronic cases. The buildings are simple wooden structures, heated by coal stoves and lighted by oil lamps. Our experience is that under favorable circumstances, a system of cottages may become an important part of a regularly organized hospital. Cottages substantially constructed of brick or stone, situated sufficiently near the main buildings to be properly heated by steam and lighted by gas from the common center, would be a very desirable addition to the present methods of caring for the insane. The superintendent could, from day to day, transfer to cottages such patients as he found to require less and less restraint upon personal liberty.

During the winter of 1866 a commodious wharf was constructed on the banks of the Connecticut river, one-third of a mile from the hospital, on land deeded to the trustees for this purpose. Nearly all the stone, brick, and lumber used in the building were landed on this wharf; also the annual supply of coal. A substantial coal-shed, capable of storing five hundred tons, was erected near the landing. By this arrangement a cargo can be unloaded rapidly at any season of the year and kept under cover until such time as the hospital teams can be advantageously used in hauling it to the building.

The government of this hospital is vested in twelve trustees. The following named gentlemen have been officially connected with the institution in this capacity. Those in italics are still acting.

Ex-Gov. Joseph R. Hawley,	Hartford
Ex.-Gov. James E. English,	New Haven
Ex.-Gov. Marshall Jewell,	Hartford
Governor Charles R. Ingersoll,	New Haven
H. Sidney Hayden,	Windsor

Leverett E. Pease,	Somers
Samuel G. Willard,	Colchester
Benjamin W. Tompkins,	Norwich
Wm. B. Casey, M.D. (deceased),	Middletown
Richard S. Fellowes,	New Haven
Rev. Curtiss T. Woodruff (removed to N. Y. city),	Norwalk
Robbins Battell,	Norfolk
Benjamin Douglas,	Middletown
Julius Hotchkiss,	Middletown
Rev. Joseph Cummings, D.D., LL.D.,	Middletown
Lucius S. Fuller,	Tolland
Henry Woodward,	Middletown
Joseph D. Bates,	Danielsonville
Samuel Lynes, M.D.,	Norwalk

The associate officers are appointed by the board of trustees on the recommendation of the superintendent.

These various positions have been filled as follows:

First Assistant Physician,	*Dr. Winthrop B. Hallock*
Second Assistant Physician,	*Dr. Calvin S. May*
Steward,	Chas. W. Galpin
*Steward,	J. Delos Atherton
Clerk,	*Frank B. Weeks*
Farmer,	*Clinton W. Weatherbee*
Matron,	*Mrs. Mary Hallock*
Assistant Matron,	*Mrs. Margaret Dutton*

Melvin B. Copeland, cashier of the Middletown National bank, was appointed treasurer in 1867, and has performed the duties of that office to this date.

Recognizing the importance of thorough scientific autopsies in doubtful cases the board of trustees, in 1870, appointed Dr. Edward C. Seguin, of New York, special pathologist. Some of the results of Dr. Seguin's investigations have been published with the annual reports.

The whole number of persons employed in the hospital is seventy.

The building, including the cottages already mentioned, affords accommodations for four hundred and fifty patients and their attendants.

*The office of steward was abolished in 1873, and the office of clerk substituted.

TREASURER'S REPORT.

The following statement of the fiscal concerns of "The General Hospital for the Insane," for the year commencing April 1, 1875, and ending March 31, 1876, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Balance in hands of Treasurer, April 1, 1875, . . .	$4,408.45
Revenue account from the Hospital, ...	124,305.60
Amount of temporary loan, ...	9,910.75
	$138,624.80

PAYMENTS.

Amount of Superintendent's orders, includ'g paym't of loans,	$137,420.36
Balance in hand of Treasurer, March 31, 1876, . . .	1,204.44
	$138,624.80

All of which is respectfully submitted,

M. B. COPELAND,
Treasurer.

MIDDLETOWN, CONN., April 1, 1876.

We hereby certify, that we have examined the vouchers and accounts of the Hospital, of which the above is an abstract, and find them correct.

H. SIDNEY HAYDEN,
JOSEPH CUMMINGS, } *Auditors.*

SUPERINTENDENT'S FINANCIAL REPORT.

DEBTOR.

1875.			
April 1.	To cash on hand,	$436.95	
	To balance in bank,	4,408.45	
1876.			
March 31.	To Revenue (for year),	124,305.60	
			$129,151.00

CREDIT.

April, 1875.	By Vouchers,	$11,208.83	
May, "	" "	8,722.67	
June, "	" "	9,562.87	
July, "	" "	11,062.87	
August, "	" "	12,501.44	
Sept., "	" "	9,104.60	
Oct., "	" "	13,310.00	
Nov., "	" "	13,732.84	
Dec., "	" "	9,403.60	
Jan., 1876.	" "	12,033 12	
Feb'y, "	" "	9,625.47	
March, "	" "	4,491.37	
			124,759.68
Mar. 31, "	" Cash on hand,		3,199.28
" 31, "	" Balance in bank,		1,192.04
			$129,151.00

MIDDLETOWN, April 29, 1876.

We hereby certify that we have examined the accounts and vouchers of the Connecticut Hospital for the Insane and find the same to be correct. Also, that for the year ending March 31, 1876, there remained in the hands of the treasurer of the institution $1,192 04 in cash, and in the hands of the superintendent, $3,199.28 in cash, making a total of $5,391.52 cash on hand at the above date.

JOHN S. DOBSON, GREEN KENDRICK, } *Auditors of Accounts of State Institutions for 1875–6.*

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The Trustees of the Connecticut Hospital for the Insane submit their eleventh report, together with the reports of the superintendent and treasurer of the institution.

In presenting this report the trustees deem it a matter for congratulation that they have never had occasion, in consequence of serious errors or complaints, to make to your honorable body or to the public an apology, explanations, or defense of the management of the institution. It has ever been open to the inspection of all properly authorized persons, and all having special reasons for inquiry have received particular attention. Careful oversight has been exercised by the trustees, and in their unannounced visits they have received the kind and cordial co-operation of the officers, who have always appeared as though conscious that they were doing their duty, having nothing to conceal or to dread from the most searching examination. The hospital still maintains its high character; whatever improvements study or experience have developed have been adopted, and its officers have not been behind others in devising means for the better care and improvement of the unfortunate class over whom they have oversight.

During the year improvements in the buildings and grounds have been carried forward, and the most of those previously commenced have been completed. Improvements have been made as rapidly as the means of the institution would permit. They have been carefully considered, and so ordered as to secure the best results. Imperfections in the buildings have been remedied, and such changes made as experience has

suggested. The policy has been to suffer no part of the property to deteriorate. In all respects the buildings and grounds of the hospital are in a better condition than they have ever been before. Other important improvements are under consideration, which will be made as soon as practicable. Thus far no special aid for such purposes has been solicited from the State. The hospital has passed the most difficult and perilous period in the existence of such institutions. Its resources are understood, systematically arranged, and efficiently managed, and the trustees indulge the hope that at no distant day they may be able to reduce the expenses of its inmates.

Special attention is called to the statements in the able report of the superintendent relative to the improvements in the grounds, the employment of the insane and the means for their recreation and amusement, new forms of which have been introduced the past year.

It is not necessary to urge that skillful medical treatment, proper food, and care as to regularity of habits, are not all that should be expected of a hospital. Great, and in many cases equal, benefit may be derived from judicious employment, varied amusements, and pleasant surroundings, such as well-arranged grounds, ornamented with trees, shrubs, and flowers. Influences derived from these sources powerfully tend to divert the attention of the insane, to correct the morbid action of their faculties, and give a healthy tone to the activities of their bodily and mental powers. One result of this institution has been the lessening of restraint, till only a very few inmates, and for very special reasons, are subjected to it.

There have been admited to the hospital since it was opened 1,360 persons, and as readmitted patients are not counted a second time, this number indicates so many different persons. Of these 212 have died, 257 have been discharged as recovered, 223 as improved, and 202 discharged with no special change in their condition.

In estimating the good accomplished we must not only consider the lessening of the misery and the increase of the

happiness of all the inmates, the inestimable blessings secured to those restored to health and reason, but also the blessing to the families and friends of the afflicted. They have been relieved from the great suffering imposed upon them by their difficult and perilous responsibility, the duties of which, through want of information and through the pressure of other duties, they were unable to discharge. To many the hospital has given the joy of receiving back as alive those who in a terrible sense to them were dead.

The number in the hospital at the date of this report is 466. The average daily number during the year has been 456.97.

There are many applications for admission, and among them seventy women. A much larger number would be enrolled if any encouragement of an early admission could be given. As only twenty-eight females were discharged since the last report, months must pass before those enrolled can be admitted. This state of things is every way unfortunate. Could the hospital receive acute cases at the commencement of the attack it would accomplish far more efficient work at much less cost. After a long delay, when acute cases have become chronic, not more than one-tenth recover of those who might have been restored had they been placed under proper treatment at the commencement of the attack.

In the report of the trustees of this hospital for 1868 statistics are given showing that the cost of supporting an old chronic case is about thirty-five times greater than the average cost of a new case. This disparity results from the fact that the recent cases are soon cured and discharged, while the old or chronic cases are kept on indefinitely. From considerations of humanity and economy it would appear that there is an urgent necessity for additional provision for the insane in our State.

The trustees and the superintendent have repeatedly urged this subject on the attention of the legislature.

Considering the number to whom admission has been refused, the number discharged to make room for more urgent cases, the number awaiting admission, the number

sent from this State to hospitals in other States, the large number known to be in almshouses, and the number in private families, we are confident there are several hundred insane persons belonging to this State who need hospital treatment and accommodation.

As the trustees do not deem it desirable to enlarge this hospital, they earnestly urge the importance of immediate provision for the erection of a new hospital, which shall furnish accommodation for those who, in their suffering and calamity, are denied a participation in the provision the State has made for the insane.

The official terms of the members from Hartford and Tolland counties expire this year.

All of which is respectfully submitted.

CHARLES R. INGERSOLL,	*New Haven.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
EZRA P. BENNETT, M.D.,	*Danbury.*
BENJAMIN DOUGLAS,	*Middletown.*
JOSEPH CUMMINGS,	*Middletown.*
JULIUS HOTCHKISS,	*Middletown.*

REPORT OF SUPERINTENDENT.

CONNECTICUT HOSPITAL FOR INSANE,
MIDDLETOWN, November 30, 1876.

To the Board of Trustees:

GENTLEMEN, — In compliance with Chapter VI, Section 1, of "Public Acts," passed at the last session of the General Assembly, the fiscal year of this institution is made to end on this the 30th day of November, instead of on the 31st day of March; consequently this, the eleventh report, includes statistical tables of patients, details of farm products, and the financial statement of a period of eight months.

As I have recently furnished an extended history of the hospital during its first ten years, I need only direct attention briefly to some particulars regarding its progress since last March. During this period the officers of the institution have had their ingenuity called into exercise to provide accommodations for new patients. Their labors have been increased from the fact that all the while the hospital has been overcrowded, so that whenever a vacancy occurred there were several patients waiting to occupy the vacated beds. The perplexing difficulties from this crowded condition can only be appreciated by those who have passed through similar experiences. In the endeavor to receive persons who most needed hospital care, we may have unintentionally caused disappointment to worthy applicants.

At the date of the last report there were in the institution four hundred and sixty patients — ten more than could be conveniently or safely accommodated — about equally divided between the sexes. The admissions during eight months have been eighty-eight, *viz.*, fifty-nine men and twenty-nine women.

Sixty-seven have been discharged, forty-five men and twenty-two women, and fifteen have died, nine men and six women, leaving now on the register four hundred and sixty-six patients, *viz.*, two hundred and thirty-two men and two hundred and thirty-four women.

The following table shows the number of deaths in each year, the percentage of the average number, and the percentage of the whole number present during each year:

DEATHS AND THEIR RATIOS, FROM MAY 1, 1868, TO NOVEMBER 30, 1876.

Official Year.	Whole Number of Patients.	Daily Average Number of Patients.	Deaths.			Per cent. on whole Number of Patients.	Per cent. on Daily Average Number of Patients.
			Men.	Women.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225 17	18	3	21	6.12	9.32
1870–71,	307	237.	11	10	21	6 71	8.86
1871–72,	329	242 58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6 25	7.86
1873–74,	524	339 51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5.95	8.45
1875–76,	616	452.64	16	7	33	5.35	7.31
1876,	548	456.97	9	6	15	2.73	3.28*

You observe that the percentage of deaths on the whole number of patients during a period of eight months is only 2.73. Of these six were over sixty, and two over eighty years of age. One only lived six days, and another one month and twenty days after admission, but the majority had been residents in the hospital for some years.

The relatively large number of admissions and discharges of males should not be regarded as an indication of more prevalent insanity in that sex, nor of better care or more skillful treatment while in the hospital. More likely is it due to the fact that we have been able to admit promptly nearly all male applicants, thus receiving a larger proportion

* A period of eight months.

of acute cases, who recover or die within a few months, and leave vacancies for others. The chronic insane male is somewhat useful at home or in the community, being capable to perform outdoor work, which furnishes a partial support, and so by exercise he is more quiet at night and less turbulent by day. The chronic insane woman, restricted to indoor duties, has relatively fewer means of being diverted or employed, and is also less liable to exposure and hardships, and consequently lives longer as an insane person. These natural laws working continuously for a series of years in an established community like that of New England have produced a condition of society such as might reasonably be expected, *viz.*, a larger proportion of insane women than men, and a growing desire on the part of friends and public officials to have them provided for in institutions expressly planned for the purpose. This seems to be an explanation of our experiences in 1869, when the first wing was opened for women, and the entire space occupied within one week; and again in 1872, when the new wings were completed, they were filled in an incredibly short period of time with turbulent chronic cases.

In former reports I have alluded to various means employed to divert, amuse, and occupy such of our patients as were not in condition to engage in outdoor labor. Besides our regular entertainments of music, dancing, concerts, lectures, stereopticon exhibitions, readings, etc., which occupy four evenings each week, our male patients have found pleasure and profit in a systematic course of outdoor military drilling, which was conceived as a valuable training exercise for insane men, and has been carried into useful practice by our worthy supervisor, Colonel Thayer. So far as I am aware, this is a new feature in hospital management, and you will bear with me for alluding to it with considerable minuteness.

Early in the season walking parties were formed of from ten to fifty persons, who would leave the grounds and spend an hour or two, and sometimes a whole afternoon, in roam-

ing about the hills gathering flowers or picking berries. As the season advanced, Colonel Thayer gradually and almost imperceptibly formed those from the different wards into distinct companies, officered by their respective attendants. These companies would go out daily and practice at military evolutions. I am free to confess my surprise at the progress made and at the proficiency attained by many of the chronic insane who had been turbulent, restless, and noisy, or listless, desponding, and partially demented. These exercises were practiced one or two hours daily by about one hundred and fifty, and on Saturday afternoons a regular dress parade and inspection occurred, whenever the weather was favorable, at which some of the officers "reviewed" the "troops". It should be borne in mind that these companies were formed of men who were not considered available for farm labor, or, in other words, of that large class of epileptic, maniacal, and demented patients found in every hospital, who spent their time in the airing courts or in the wards.

About forty per cent. of all the men are regularly employed on the farm and grounds. One of the results of this form of military exercise and discipline was a steady increase in the number of those who were able to be employed on the farm, so that on pleasant days not more than a half dozen men, out of a total of two hundred and thirty, would be found inside the building.

Another pleasant effect of this form of amusement and exercise was observable in the quietness and order which prevailed in the house. The universal quietness at night was equally noticeable. Rarely was a sleeping dose of sedative medicine required; and from records accurately kept I am able to report the absence, for weeks at a time, of all forms of mechanical restraint. Even now, with an overcrowded house and many unfavorable cases occupying the wards, only one male patient — a destructive paretic — is subjected to personal restraint. Much credit is due, and I cheerfully award it in this public manner, to my associates and the corps of attendants who have earnestly and at con-

siderable personal inconvenience seconded all of our efforts in this direction. To properly care for the insane is at all times arduous labor. It becomes doubly so when any new system or method of government is being established.

In introducing this system of out-door life, the recently completed lawns and Telfordized walks have afforded us ample space at all times. Without these improvements it would have been simply impossible to organize and drill a company of men unaccustomed to military evolutions. No expenditure of money since the commencement of this hospital has been more judiciously made or thoroughly appreciated. Those of us who have lived here during the past nine years, accustomed to stumble over building debris, hummocks, stones, and ditches, or during the greater part of the year, to sink into mud ankle deep whenever a step was taken out of the ordinary path, may not be considered impartial witnesses; but we can at least claim the privilege of expressing our satisfaction and pleasure at the completion of the work. It has been done in the most thorough manner, and, judging from universal praise, in good taste. Many years will be required to plant adequately and develop with shrubbery and shade-trees the beauty of our lawn. Believing thoroughly in the advantages of pleasant out-door surroundings in the treatment of the insane, I earnestly solicit you to continue improvements in this direction. I also request your attention to the condition of the old house which has been used, during the past five years, as a "cottage" for quiet chronic male patients. Suitable repairs were made to this building when first occupied; it has served a good purpose in providing a comfortable home for fifteen men. It was an old house, and the repairs then made only strengthened for a time a dilapidated shell.

The south cottage, occupied by women, is more substantial and in good repair, and will be serviceable for some years. There have been but few changes among the attendants during the period covered by this report, and we retain the experienced services of some who have for years faithfully and diligently served the institution.

The hospital farm, under its efficient management, has continued a source of profit to the institution. Improvements in underdraining, grading, and fence-building have been made. These various kinds of out-door work afford opportunity to such male patients as we believed would be benefited by the change. A larger number have been thus employed than during any previous year. For tabulated details respecting farm products I refer you to the accompanying tables.

Religious exercises, conducted by clergymen of different denominations, have been regularly held in the chapel on Sabbath afternoons. A service of praise, consisting of vocal and instrumental music, in which all having voice or musical knowledge could take part, was established early in September. Thus an hour is pleasantly spent in the chapel every Sabbath evening. To many kind friends we are indebted for assistance at our weekly entertainments. Under this recognition I would gratefully mention the members of the choir of the South Congregational Church of Middletown, for a concert in April. The Middletown Dramatic Association is also entitled to special mention for an evening entertainment, consisting of music and character representations. Lectures, concerts, and readings have been frequently held, together with stereopticon exhibitions. Books, magazines, and papers for the use of patients have been received from Miss Tompkins, Mrs. Chas. E. Hall, and M. B. Copeland of Middletown, Mrs. Fellowes of New Haven, and Mrs. Chas. Perry of Southport. The Evangelical Knowledge Society has furnished regularly six copies of the *Parish Visitor*. In addition to the above, thirty-two persons contributed five dollars each towards the purchase of books for the library. We are also under obligations to the publishers of daily and weekly papers in the State for gratuitous copies of their publications. It is again my pleasant duty to acknowledge with sincere gratitude the regular reception of flowers and bouquets from the "Flower Mission" connected with the South Congregational Church Sabbath-school.

Before closing, I desire to express my hearty thanks to the officers for their intelligent co-operation, undeviating support, and personal kindness. We have labored together for many years in a special field of charitable work, which is peculiarly open to adverse criticism. We have been mortified, often, to find that our best efforts were misunderstood, and our motives questioned. This is, perhaps, inseparable from the care of the insane; yet the thought does not wholly remove the mental sting caused by unjust reproaches from persons whom we have carefully watched through the various stages of mental derangement. This is, perhaps, a sufficient reason why none of us should remain too long engaged in this field of labor. Enough has been said to show that, during the past eight months, a spirit of progress has been maintained, and that there has continued to pervade the management of the institution a healthy degree of active and vigorous life. In conclusion, I desire to express my deep obligations to the members of your board who, by intelligent co-operation and personal kindness, have greatly assisted in sharing the burdens of another year.

Respectfully submitted,

ABRAM MARVIN SHEW,

Superintendent.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane herewith respectfully present to the legislature their twelfth annual report, together with reports of the superintendent and treasurer.

The largest number in the hospital on any one day has been 476. There are now 235 males and 234 females. It will be seen that the hospital has been crowded during the whole time. There are over 60 waiting for admission. The applications are served in turn, but as the greater number are for the female wards, the delay is often of months, during which the illness becomes seriously worse, and in some instances hopeless. The burden of the care in their own homes of these mentally diseased, and the sorrow of heart of their friends while waiting for special treatment required, it would be difficult to estimate. Those who have had to endure this trial can best do so.

It has been often stated in reports to the legislature that the disease of insanity is rapidly increasing. Connecticut is not worse off as to this increase than other States, nor than countries in Europe. It is computed that about 400 in this State are needing hospital accommodations. Modern civilization, of which we are glad to boast, and which brings us so much to enjoy, brings also to us many evils and unpleasant responsibilities. Insanity is one of these evils, and the care of the insane one of the grave public responsibilities. Insanity is a peculiar disease and the insane require peculiar treatment in suitable hospitals. Safety of friends and of the public demands such seclusion for them. The insane are not

properly to be regarded as mere paupers — they are a peculiarly afflicted class, who need more than clothing, shelter, and food. During the continuance of their disease they should have experienced medical care, special surroundings and restraints, and comforts, suited to restore their minds to healthy action.

In many cases over-work and poor food have brought on the disease — the anxieties of business and family, or the treadmill work of daily duties, have been too much for the physical and mental constitution, and the brain becomes over excited or bewildered or dangerously sluggish. The removal from accustomed scenes of trouble and from the wearing friction of their daily lives, is necessary to give their minds rest and diversion. Medicine, good plain food with fresh air and some amusements, will, in many cases, if the change is promptly made, in a short stay in a hospital produce a cure.

Christianity, humanity, and true economy properly demand that the State should do what individuals cannot do — provide suitable accommodations for the mentally diseased. Incorporate and private institutions are never adequate to the care of the insane of a State.

Connecticut has only one hospital and urgently needs another of similar grade with every approved internal appliance to remedy the evil of insanity. Local and town shelters for the insane have neither the means nor the skill to provide suitably for them. Their support is properly a general burden, and the State may, with the highest propriety and for the greatest economy, provide liberally for this unfortunate class. The trustees earnestly hope that the State of Connecticut will make appropriation for a new hospital and appoint a faithful board of trustees to erect a new hospital, plain in architecture and a model of excellence for its uses worthy of the character and standing of the State.

The general condition of health in this institution during the year has been good ; the details will be found in the superintendent's report. The means devised for the occupation, recreation, and amusement of the inmates have had beneficial influence.

A good deal of attention has been given during the year to maintaining the buildings and inside rooms and closets in repair. Our construction is nearly completed, and our income is adequate to run the institution economically. In view of the widespread call for economy in the management of all public institutions, and of our sincere wishes to meet it, we have resolved at the December meeting to further reduce the price of board from $4.50 to $4.00 from 1st December, 1877, henceforth charging to the towns $2.00 a week to each of their indigent patients. We shall faithfully try to keep our outgoes within our income, so as not to be obliged to call for any assistance from the State. In regard to statements of low prices of board in some institutions in other States, it should be borne in mind and widely known that in some of the States which have been quoted there is a separate special appropriation made at each legislative session for the salaries of the officials and for the coal used in the institutions. In justice to our management, this should be thus publicly stated, as our schedule of cost includes every expense and outlay for the institution, including salaries, coal, gas, etc., etc.

It has been discussed in our meetings whether some light occupation could be provided in rooms or shops supplied with tools, for our able-bodied, well-disposed patients, and which labor would be profitable in a money way, either by doing work for which the hospital has now to pay, or of which the products could be sold for its benefit.

The remedial effect of occupation in cases of mental disease has been frequently mentioned. No decision has been reached as yet.

The term of office of the trustees of New London and Windham counties expires this year, and we respectfully request their re-election. We are happy to state that the superintendent, Dr. A. M. Shew, who has been absent a large part of the year on account of illness, has returned to his post with renewed vigor and restored health, and has entered on the duties of his office with his usual earnestness and skill.

During his absence Dr. Calvin S. May was acting superintendent. He managed the affairs of the hospital to the entire satisfaction of the trustees, and has shown that he is eminently qualified for so important and responsible a position.

The blessing of God has rested upon the work committed to the trustees and officers of this important branch of the State charities.

Respectfully submitted,

RICHARD D. HUBBARD,	*Hartford.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
EZRA P. BENNETT, M.D.,	*Danbury.*
H. SYDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
JULIUS HOTCHKISS,	*Middletown.*
JOSEPH CUMMINGS,	*Middletown.*
BENJAMIN DOUGLAS,	*Middletown.*

Middletown, November 30, 1877.

REPORT OF SUPERINTENDENT.

MIDDLETOWN, Nov. 30, 1877.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN,— In presenting the twelfth report of this institution for the fiscal year ending November 30, 1877, I would direct your attention especially to the statistical pages, embodying, as they do in tabular form, the results of our labor. Four hundred and sixty-six (466) patients remained at the date of the last report. One hundred and fifty-three (153) have since been admitted, a total of six hundred and nineteen (619) under treatment during the year, thirty-one (31) of whom have died, forty-one (41) were discharged cured, forty-four (44) much improved, and thirty-four (34) were returned to friends or public officials without change in mental condition, thus leaving four hundred and sixty-nine (469) under treatment at this date. The youngest persons received were two (2) males aged eighteen (18). The oldest person admitted was a female aged ninety (90). There are at this date residents of the hospital two (2) females aged ninety (90), one eighty-five (85), one eighty-four (84), and three (3) males aged respectively seventy-nine (79), seventy-eight (78), and seventy-four (74). The experience of the past year in respect to the classes of society and kinds of occupation from which the largest number of insane patients is derived confirm those of former years and of other institutions. Twenty-one (21) farmers and twenty-six (26) farmers' wives or daughters, ten (10) laborers, and seventeen (17) domestics, a total of seventy-four (74) persons out of one hundred and fifty-three (153) were admitted in varying

stages of mental disease. Thus it will be observed that those kinds of employment which require physical effort without corresponding mental activity produce the largest percentage of cases of insanity. Undoubtedly exposure to cold, moisture, and bad air, with deficient or unwholesome nourishment, has had much to do in originating the disease in this class of society. But a greater influence can be traced directly to the lack of mental culture and the worry resulting from a struggle with poverty and its kindred evils. I would respectfully call your attention to the fact that the number of persons charged with criminal acts and who in our courts are acquitted on the ground of insanity is steadily increasing: seventeen (17) of this class — fourteen (14) men and three (3) women — were sent to the hospital during the year by the courts. While admitting that all but one of these persons were insane, and that one an inebriate and should have hospital care, I would respectfully ask why they are permitted to take precedence of the virtuous insane. In other words, Why should they be admitted out of the regular order, while perhaps fifty or more innocent persons who had made the needful previous application are obliged to wait until vacancies occur?

Herewith is appended a copy of "an act reducing the price to be paid by the State for the support of indigent and insane persons," passed by the last General Assembly and duly approved by his Excellency Governor Hubbard on the 23d day of March, 1877. By the provisions of this law the support of indigent patients (not paupers) is chargeable to the towns where they reside and to the friends making the application, instead of to the State and friends as heretofore. No change is made respecting town paupers other than reducing the amount paid by the State from two dollars and fifty cents to two dollars.

The following table of deaths and their ratios will show the percentage in each year since May 1, 1868:

Deaths and their Ratios from May 1, 1868, to Nov. 30, 1877.

Official year.	Whole No. of Patients.	Daily average No. of patients.	Deaths.			Per cent. on whole No. of patients.	Per cent. on daily average number of patients.
			Men.	Women.	Total.		
1868–69	268	85.47	14	1	15	5.59	17.57
1869–70	343	225.17	18	3	21	6.12	9.32
1870–71	307	237	11	10	21	6 71	8.86
1871–72	329	242.58	9	6	15	4.55	6.18
1872–73	336	264.53	12	9	21	6.25	7.86
1873–74	524	339.51	18	17	35	6.67	10.30
1874–75	605	425.80	21	15	36	5.95	8.45
1875–76	616	452.64	16	7	33	5 35	7.31
1876	548	456.97	9	6	15	2.73	3.28
Dec. 1, '76–Nov. 30, '77	619	463.88	19	12	31	5.01	6.69

Nineteen (19) men and twelve (12) women died during the year, nine of whom — an unusually large number — had tuberculosis (consumption) in some of its forms; two of the others were apoplectic and three were cases of paresis. The general health of the patients has been good; nearly all the deaths have been the result of chronic and exhausting affections rather than of acute disorders. Referring to table No. 1, which gives a correct movement of the hospital population, you observe that forty-one (41) persons have been discharged "recovered." I am quite sure you can rely upon the correctness of this table. It has always been our aim to exclude doubtful cases and include only those who had shown positive evidence of mental restoration. Among the forty-four (44) persons reported discharged improved were several who had recovered, but the period of convalescence had been too brief to insure beyond a doubt continued mental health. It may reasonably be asked why they were allowed to leave the hospital when perhaps a longer residence of only a few weeks would have fully established their mental equilibrium. Two reasons can be given — the overcrowded condition of the hospital and the urgent appeals for the admission of new cases. I

do not believe the policy of discharging convalescent patients at an early period is advisable or economical. Although considered fully restored, the brain and nervous system of these patients are generally in a sensitive condition, like that of the lungs or other organs after acute disease. A few weeks (sometimes a few days) longer residence at the hospital would place them beyond the danger of relapse. An early return to the home circle and silent influences which may have had much to do in causing insanity in the first place endangers their mental health. But it is difficult, often impossible, to make relatives understand this fact. They come to visit their afflicted friends and find them quiet, rational, and perhaps anxious to return home. The patient acknowledges that he has been "out of his mind," but is now "all right," and fears that the noise of the wards and daily association with other patients will have an unfavorable influence. The argument seems plausible and appeals strongly to the judgment of anxious friends, who readily consent to the wishes of the patient, even when reminded of the fact that it was certain influences *at home* which excited the disease and that the patient had recovered his mental health in the very wards and amid the surroundings which he now fears may make him insane. One of the responsible duties devolving on the medical officers is in connection with the discharge of this class of convalescents and to know just *how* to act, and *when*. The natural impulse would tend us to coincide with the wishes of the patient and friends, even after sad experience has taught us the necessity of caution. When a patient remains in hospital several months after recovery or until the habit of health is fully established, he rarely relapses into insanity. It is, therefore, a source of regret to us when, having reluctantly sanctioned the removal of a patient, he soon returns in a worse condition than when first admitted. Referring again to table No. 1, you observe that we report thirty-four (34) patients as discharged "stationary" — meaning so many persons who were admitted in a state of chronic melancholia, dementia, or mania, and hav-

ing occupied our beds for a longer or shorter period, are returned to their homes or to the almshouses to make room for more urgent cases.

Since the hospital was opened in 1868, we have discharged (see table No. 2) two hundred and thirty-six (236) patients of this class, or in other words, of two evils we have chosen the lesser, and have given preference to acute cases. I need hardly ask you to approve this course, because it has in every such instance been sanctioned on the ground of necessity. No stronger proof can be adduced to show the pressing need of greater accommodations for the insane in Connecticut than the facts here given. This hospital is dangerously overcrowded, convalescing patients are sent home before their recovery is established, chronic cases are returned to the almshouses to make room for urgent cases, about seventy applicants are waiting to be admitted, and, according to the report of the special commission last year, there are about four hundred (400) insane persons waiting in the various town receptacles, who need, and ought to have, better accommodations. These stern facts (established by unchallenged evidence) appeal directly to the sympathy and conscience of every citizen. They are so important and irresistible that I am led to ask you again, Can we in any way do more than we are already doing to meet the demands of the times? To crowd the present overcrowded buildings would hardly be justifiable, or reasonable. It would be simply a "make-shift" attempt to benefit a few at the expense of many, and would endanger the already limited chances for curative treatment. The question naturally arises, Would it be advisable to enlarge the present hospital buildings by the addition of wings? You are aware that I have often expressed a decided opinion in opposition to this proposition, and nothing has occurred to change my views. All experience shows that the best results are obtained in smaller hospitals, and there is a growing conviction among the most experienced alienists, that a mistake has been made of late years in allowing our hospitals to become expensive in construction, large receptacles, unwieldly

in the number of inmates, and hence often unsatisfactory in professional management. No one can reasonably expect a physician, no matter how eminent or capable, to do as well in the detail care of five hundred (500) patients, as he would with half that number. And the same principle applies — although not with the same force — to the other departments. The friends of patients have reason to expect that the medical superintendent will know all about the peculiarities of each case, no matter how many are under his treatment. He may have capable assistants who can attend to the detail treatment of individual cases, and keep the record books; but it is his duty to know the facts and be ready to converse intelligibly about them. Another serious objection to large hospitals may be found in the largely increased number of employés necessary to their care, and the increased liability to their irregularities which may naturally occur. The only argument worthy of notice thus far advanced by the advocates of large institutions is, that the patients can be supported at less expense per capita. In these times of financial distress and uncertainty this argument will receive careful attention. Without attempting to discuss it, I would simply report that in practice we find a decided advantage, pecuniarily, in having a large number of patients; but the disadvantages of lessened personal attention to individual cases, liability to accidents and irregularities, and the greatly increased responsibility resting upon the resident officers, outweigh the pecuniary gain. If a hospital with two hundred and fifty (250) patients could be maintained at the same cost per capita as one with accommodations for four hundred and fifty (450), no one would be found to advocate the latter.

It has been suggested by the friends of the insane poor that additional buildings could be erected on the hospital farm. That these buildings should be simple inexpensive structures, yet permanent and adapted to the purpose of affording suitable accommodations to the quiet chronic cases who might be transferred from time to time from the present hospital; or, in other words, that the present building would be-

come the receiving hospital, affording accommodations for about four hundred (400) acute or recent cases. When the medical officers become satisfied that any given case had reached a chronic condition, he or she could be sent to the other building, there to be maintained as long as the friends or officials of the town thought desirable. In carefully examining the present hospital population, I find about one-half of the whole number who could be thus provided for at less expense as to the cost of buildings.

Admitting the pressing need of greatly increased accommodation for the insane of Connecticut, this would seem to be a peculiarly favorable time to carry out the project. Building materials of all descriptions are from thirty (30) to fifty (50) per cent. lower than when this hospital was erected. Skilled labor can be obtained at low cost and in sufficient quantity to insure its speedy completion. From a careful survey of the whole ground, including information from architects and builders, it is reasonable to conclude that another hospital for four hundred (400) patients could be erected and furnished at a cost not to exceed $200,000, or at the rate of $500 per capita. I have already said that the only reason urged for the establishment of institutions for the chronic insane is, that they will provide for these people at less expense. Admitting the force of this argument so far as it relates to cost of buildings, it is but fair to ask the advocates of this system *how* they are going to cheapen their care? Is it not by providing inferior officers and employes, fewer attendants, and less care? Would it not be necessary to lessen the quality and quantity of food? In fact, to substitute something inferior in all respects. Would you crowd them into smaller space, lessen ventilation, cheapen in warmth and clothing? The advocates of this system intend that the patients should work for their own advantage, and this labor will be the element peculiar to this system.

This would seem to imply that labor has not already been an element of treatment in our hospital. You are aware that we have for years employed about forty per cent. of the

patients committed to our care. In my humble opinion we should be perpetrating a wrong by extracting from these debilitated sick people the strength that will contribute more largely to their support. In experience we find that about one-third of all chronic insane have barely the circulation to enable them to sustain a miserable physical life, and others, with all the food of the best quality you can give them, have scarcely sufficient vitality to walk about the wards and yards for exercise. And yet these are the people, we are told, who should support themselves largely by their own labor. Considerations of humanity as well as of experience seem to indicate that we should endeavor to obtain work from each patient only so far as it would be for the benefit of his health and strength, looking only to his own good. It is only of late that these questions have been seriously brought forward. In former periods of the world's history, this disease was considered a manifestation of evil spirits — a possession of the devil — hence the unhappy victims were consigned to rigid confinement in loathsome cells. The general public did not trouble itself about their care and treatment so long as they were safely imprisoned; and even the friends of these unhappy mortals endeavored to blot out the remembrance of their existence. Near the close of the last century that noble Christian physician Pinel had the moral courage to strike off the chains from fifty-three of the most violent patients confined in the Bicêtre at Paris, and restored them to light and liberty. From that period to the present there has been continual progress in the methods of providing for the insane; until now the old Bedlam, with its narrow halls and darkened cells, has given place to our cheerful, commodious, and well-ventilated modern hospital. The present century has witnessed the abolition of nearly all kinds of mechanical restraint, and the substitution of moral means, persuasion, gentleness, and kindness. It was formerly the custom to name these places especially provided for the insane Bedlams, madhouses, or asylums; but with the advance in medical science, a practical knowledge of insanity as a disease of the

brain, with its prospects of cure, has led to a change of nomenclature, hence the name hospital, a place where exhausted mental powers are recruited, and their operations gradually readjusted to new interests and occupations. Here are combined the restraining influences of new surroundings, new acquaintances and modes of life, together with all of the best appliances for professional treatment.

Notwithstanding the feeling of distrust that still pervades society, there is a constantly growing desire on the part of the friends and public officials to avail themselves of the hospital accommodations already provided. The policy of providing for the insane away from their homes may be considered as adopted. The real question is, Shall we continue the present hospital system and extend and increase the existing institutions, or engraft upon it some special plan for taking care of the chronic insane? It seems to me that combining in the same establishment the characteristics of hospital and asylum, profits both classes of patients. To some extent a separation of the recent from the chronic cases is desirable, hence a further classification is one of the ends to be aimed at. Institutions expressly for incurables have been tested faithfully in Germany under the most able medical men, yet the system has not been extended. The first provision for the insane in any community should be made for the recent cases. They present the greatest probability of recovery under hospital treatment, and have the strongest claims upon our sympathies. Experience everywhere shows that it is more economical to place acute cases in hospitals at an early period, thus hastening recovery, lessening expense, and preventing them from becoming a public charge for life. In former reports I have referred to the benefits to be derived from outdoor employment of those who are physically able, and systematic exercise of those who are not able to work.

Two years ago, we organized the male patients and attendants into companies for daily military exercises. This has been continued and extended, so as to include a morning

dress parade on pleasant days, at which one of the medical officers receives a daily report from each ward or company, showing the number of men at work on the farm or garden, number at parade, number and names of those excused from exercise, remaining in ward, etc., etc.

It would frequently be found that out of a population of 240 males, only half a dozen remained in the house on account of acute disease or feebleness. After parade the companies separate for longer or shorter walks about the country. It is a noticeable fact that with this freedom from restraint, and almost unlimited opportunites for escape, no patient eloped.

One of the marked results of having our male patients out of doors so much of the time has been improvement in health, a quiet house at night, and no necessity for the use of sedative or hypnotic doses at bedtime. An examination of the watchman's book reveals the fact that during the past six months only two doses have been administered during the night. Another result of these influences, working silently among our people, has been an almost total abolition of mechanical restraint. Rarely has it been necessary to use the camisole, or wristlets, or muff.

The following table shows the total amount, in days and hours, and the different forms of restraint used during the year.

RESTRAINT TABLE.— MALES.—DEC. 1, 1876 — DEC. 1, 1877.

Total number males treated during year, ... 324
Total number males restrained during year, . . . 24
Total duration of restraint for 24 males, . . . 125.60 days
Proportion of the year during which restraint was used, . .34

Form of Restraint.	Days.	Hours.	No. of Patients.	Causes.
Seclusion (not including sleeping hours),	35	12½	15	Quarrelsomeness, Striking, Extreme Mischievousness, Determination to Disrobe, Threats and Boisterous Conduct, Maniacal Excitement, Attempt at Elopement, Repeated Attempts at Homicide.
Muff (leather),	41	9	5	Destruction of Clothing and Furniture, Pounding on Doors, Masturbation, Violence, a Paroxysm of Recurrent Mania.
Anklets (leather),		12	1	Kicking.
Wristlets (leather),	11	16	6	Striking Patients, Mischievousness, General Misconduct.
Wristlets and Anklets,	4		1	Extreme Violence.
Tied to Seat,	4	21	3	Mischievousness, Upsetting Everything in the Ward.
Tied in Bed,	4	16	5	Destruction of Everything within reach and Extreme Restlessness, Wild Excitement.
Confined in Covered Bed,		12	1	Upsetting Bedding.
Camisole,	22½		1	Destruction of Clothing.
	121½	98½	38*	

* The total in column third (38) does not correspond to the total number of males restrained (24), because the same patients were at different times subjected to different forms of restraint.

"Day" is used as meaning 24 hours.

Day as distinguished from night — 12 hours.

Thus it will be seen that only twenty-four of 324 patients were subjected to any form of seclusion or restraint, and the whole time amounted to only $125\frac{6}{60}$ days, or to express it in another way would be to state that only one man was restrained, and he only one-third of the time. I regret my inability to make an exact report respecting the female patients. But it is gratifying to be able to note a marked improvement in this side of the house. Owing to the fact that insane women from habit and inclination take less outdoor exercise, and are by nature more "nervous" than men, I doubt our ability to reduce the amount of restraint to the small minimum shown in the above table, but it is our purpose to accomplish all that is possible.

It gives me pleasure to commend all attendants of both sexes, who have cheerfully seconded the efforts of the officers in this direction.

Since the date of your last report, an ice-house with capacity for 400 tons, and room for storing butter and fresh meat, has been erected adjacent to the other rear buildings. The farm barn has been reslated and repainted. A shed with stalls for five carriages, to shelter horses and drivers which are waiting, from the inclement weather, is about completed. A fine concrete walk has been laid to the lodge. Other useful repairs and improvements are being constantly made, and it is our desire to keep the buildings in a state of complete preservation. During the winter it will become necessary to do considerable internal patching and painting of walls and woodwork, but this will not require any additional force of mechanics.

FINANCIAL CONDITION.

Referring to the financial statement herewith appended, it will be seen that the revenue received was $119,540.04, which, added to balance on hand at the date of the last report, made a total of $120,500.72. The expenses for the year have been $116,021.38, leaving a balance of $4,479.34. I would respectfully recommend that you reduce the weekly

charge for board and treatment to four dollars. With the same judicious economy that has always been followed and a continuance of the present prices, the amount to be derived from this revenue will enable us to pay all expenses.

ENTERTAINMENTS.

I have often alluded in former reports to the advantages to patients and employes of regular amusements, and would only add that we have been able to provide some form of entertainment on three evenings each week for about eight months of the year. These consist of lectures, concerts, stereopticon exhibitions, dances, and tableaux, with an occasional dramatic performance. For the most part we are dependent upon home talent, but always gladly accept assistance from friends or the public. In this connection I would gratefully acknowledge our indebtedness to the following-named persons who have assisted in this good work:

A reading by H. H. Johnson.

A concert by Messrs. Pearne, Franklin, Parsons, and Bacon.

A concert by the Misses Spencer, Miss Wilcox, Mr. Ingraham, and Mr. Guilford.

The Faust Club of Middletown for one concert and orchestral accompaniment for our own theatricals.

A sleight-of-hand performance by Mr. Ingraham and Mr. Jack.

A variety entertainment by "the Guy family."

Tableaux, etc., by "the Earnest Workers" of the South Congregational Church.

Donations were received as follows:

Four chairs for piazza from Hon. H. S. Hayden.

Two boxes of books and pamphlets from E. B. Monroe, Southport.

Large package of illustrated papers from the librarian of Yale College.

A valuable book for nurses from Miss Dix.

Eight copies of Agricultural Reports from Mr. T. S. Gold, secretary.

One violoncello from Mr. George W. Holton, Vermont.

One horse chestnut tree and plants from Miss Crofut, Middletown.

Newspapers were gratuitously received as follows:

The Courant, Daily,	Hartford.
The Post, Daily,	Hartford
The Register, Daily,	New Haven.
The Winsted Herald, Weekly,	Winsted.
The Daily News, Daily,	Hartford.
The Palladium, Weekly,	New Haven.
The Times, Weekly,	Hartford
The Living Issue, Weekly,	New York.
The Bridgeport Standard, Weekly,	Bridgeport.
The Tolland County Journal, Weekly,	Rockville.
The Sheltering Arms, Monthly,	New York.
The Connecticut News, Weekly,	Salisbury.
The Constitution, Weekly,	Middletown.
The Sentinel and Witness, Weekly,	Middletown.
Call and Citizen, Semi-weekly,	Meriden

Since the date of my last annual report some changes have occurred in the staff of resident officers. Owing to impaired health, early in the year, Dr. Winthrop B. Hallock tendered the resignation of his office as first assistant physician and Mrs. Hallock that of matron — positions which they had successfully filled since March, 1868, to take effect on the first of last July. Dr. Calvin S. May and Mrs. Margaret Dutton were respectively promoted to fill the vacancies. Dr. James Olmstead of New Haven was appointed second, and Dr. William E. Fisher, third assistant physician. Miss H. E. Holmes received the appointment of housekeeper. The other positions are filled by the same officers who have become so eminently well qualified by their services in former years. Owing to the absence of your superintendent during nine months of the year, the labors of all of the resident officers were somewhat increased.

Grateful acknowledgments are tendered to each and all for efficient services cheerfully rendered; and especially to Dr. May, who officiated as acting superintendent to your entire satisfaction.

Constant employment among the insane is peculiarly arduous, and in some respects unpleasant. There is no separation between living and working. The burden cannot be laid aside with the setting of the sun, but continues on through the night; hence those who from natural temperament, habit, or experience, can happily perform the duties, should be retained without too special regard to the cost of services. It would seem invidious to name individually, when so many are engaged, those who by long and faithful service have made themselves almost invaluable to the hospital, and yet I desire to officially acknowledge their worth, and my personal appreciation of their work.

In conclusion, gentlemen, I desire to express my grateful sense of obligation for the encouragement you have always afforded me amid the labors and anxieties of hospital life. With an earnest desire to promote the interests of the institution, and with firm resolution to insure its success and usefulness in the future by executing, to the extent of my ability, your philanthropic designs, this report is respectfully submitted.

ABRAM MARVIN SHEW, M.D.,
Superintendent.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The Board of Trustees of the Connecticut Hospital for the Insane have the honor to present to your honorable body their thirteenth annual report.

That there is so little outside of the annexed reports of the superintendent and treasurer to report upon specially and to call your attention to, is satisfactory evidence of the salutary and beneficial working of the institution generally, and of the experience gained during past years in the management of its several departments.

At the beginning of this year the number of patients was,	468
The number of patients since received,	161
The number of patients discharged, from whatever cause,	148
The number of deaths,	40
The number of all patients now in hospital,	481
Average of number since the year began,	474.17

We are happy to state that the alterations in the old carpenter's shop are nearly completed. When the change is made there will be rooms for about twenty-five (25) patients of the most unruly classes, including convicts.

While feeling a deep sense of gratitude that the State of Connecticut has already done so much for the insane, and that during a period of twelve years so many of its citizens have (in their affliction), received the benefit of its benevolent and Christian liberality, your board, in special charge of this one agency of the State for good, cannot but keenly regret that the capacity of this hospital for accommodation is quite inadequate to the increasing calls for aid of those who need the protecting care of the State, pending illness from insanity.

This board, as well as the several governors of the State who have in succession presided over it, and have advocated so cordially in their messages its recommendation for increased provision, have been urgent in the past years, and are no less so now, in asking your honorable body to weigh well its responsibility for the care of the insane, and for relieving the necessity for more rooms for them somewhere.

The number now on the book of application waiting for admission is, females, ... 86
The number distributed from the State in the hospitals of New England by the order of the governor, is, ... 86

The new hospital of the State of Massachusetts, at Danvers, which is under the care of Dr. May, lately a physician with us, has received eleven (11) from Connecticut. This new building is the fifth hospital for insane erected by the State of Massachusetts, which has also municipal and private institutions for the same class. If Connecticut is to do as much in this line as Massachusetts, in proportion of population and wealth, she should have at least three hospitals.

The report of the farm will doubtless be of interest to many in the legislature. The required work on the farm is to a considerable degree done by chronic and recovering patients.

We respectfully call the attention of the legislature to the effect of the working of a part of a late law of the State, requiring towns to pay for board of their pauper insane at the hospital, two dollars and a half ($2.50), irrespective of changes in the prices of board which may be made at the institution.

The unequal division of the weekly rate of board, $2.50 to the town and only $1.50 to the State, will inevitably tempt the officers of some of the towns to again avail themselves of the wretched poor-house, instead of sending their insane where care and cure are possible.

Just so far as this is done will the State of Connecticut be exhibited as stepping back from the front line of benevolence, which for some years she has been nobly abreast of. Just

so far will it be a retrogression to the position she unfortunately occupied for so long before her Christian philanthropy established, at a large expense, a well-appointed and suitable hospital for the insane. Her design in so doing will so far be frustrated. Complaints of misery and mischief, unheard since 1866, will be of necessity and rightfully renewed.

Your board, therefore, respectfully request such a modification of the objectionable part of the late law as will equalize the charges of board of the patients between the State and the towns.

Owing to the reduction generally of provisions and household material, and to the fact that the main expenditures in repairs and improvements have been made, it is proposed to make a weekly reduction of twenty-five (25) cents from the price of board, making it, from the first of December, 1878, $3.75 per week instead of $4.00.

The board has been well pleased during the year with the intelligent and interesting services of the various officers and employes of the institution. During the absence in the summer vacation of the superintendent, who was married at the beginning of it, the principal administration devolved on Dr. Olmstead, who acquitted himself in its duties with courteous dignity and professional credit in the responsible position.

Dr. Shew was in Europe for a few weeks, during which he visited fourteen hospitals for insane, as will appear in his report.

It was a part of the original plan of the center building to have a hall for amusements in the upper story. Lectures, concerts, readings, display of magic lanterns, etc., are all, in course, resorted to, to make agreeable changes in the monotonous lives of those whom mental diseases compel to be confined within our walls. Only those who are really familiar with the routine, and with the privations incidental to what may be likened to a "garrison" or "barrack" life, can appreciate the enthusiastic interest which is shown by both patients and employes in preparing for these simple entertainments. The refreshing effect of these amusements *indoors* is

enjoyed by the great family of both sexes, and corresponds to the *outdoor* exercises which most of the men enjoy.

The terms of office of the trustees from New Haven and Middlesex counties expire with the year, and their re-election is desired.

Dr. Samuel Lynes of Norwalk, for some years a member of the board, died July 29th, much regretted by all who were associated with him in his official position here, as by the public generally.

In the uneventful but prosperous work done in your institution, the board are thankful that the blessing of Heaven has rested upon it.

Respectfully submitted,

RICHARD D. HUBBARD,	*Hartford.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
EZRA P. BENNETT, M.D.,	*Danbury.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
E. B. NYE, M.D.,	*Middletown.*
BENJAMIN DOUGLAS,	"
JULIUS HOTCHKISS,	"

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane,—

Gentlemen :

The close of another official year brings with it the pleasing duty of preparing for you a history of the institution during the twelve months just expired.

In reviewing the events of this period we find abundant cause for gratitude to an overruling Providence for the absence of all epidemic diseases, for immunity from accidents, for additions to our means of administering to the comfort and welfare of those committed to our care, and for other blessings which have constantly surrounded us.

At the close of last year there were remaining in the hospital four hundred and sixty-eight (468) patients — an equal number of each sex. There have since been admitted one hundred and one (101) males and sixty (60) females. These numbers represent so many different individuals. It has always been our custom to report a person but once in our tables within a fiscal year, and all of the statistics herewith appended are made upon a basis of persons, and not of patients or admissions.

Of the one hundred and sixty-one (161) persons received, ninety-five (95) came for the first time to this or any hospital; fifty (50) for the second; thirteen (13) for the third; two (2) for the fourth, and one (1) for the sixth time.

The three oldest persons received were aged respectively seventy-eight (78) and seventy-six (76) years. The three youngest persons admitted were aged eleven (11), sixteen (16), and sixteen (16) years. Total number present during the year, six hundred and twenty-nine (629).

There were discharged as "recovered" twenty (20) males and twelve (12) females, thirty-two (32) persons; nineteen

(19) of whom were in the hospital for the first time, ten (10) for the second time, two (2) for the third time, and one (1) for the fourth time.

Forty (40) persons — twenty-six (26) males and fourteen (14) females — were discharged much improved. This class includes many who had recovered, or were so nearly restored that they were sent home to make room for more urgent cases. They should properly be classed with those of the first group, who are reported as having recovered; but the liability to relapse is so much greater when convalescent patients are taken home at an early period that we have always classed such with the doubtful ones, even at the expense of a creditably sounding report.

The number of deaths was forty (40), nearly all the result of chronic disease. Pulmonary consumption proved fatal in nine (9) cases, apoplexy in four (4), and that most unconquerable of all forms of disease, general paresis, in five (5). Two of those who died were eighty (80) years of age, one ninety (90), and one ninety-three (93); the average of all was fifty-three and one-fourth (53.25) years.

The following table gives in a condensed form a mortuary history of the hospital since its opening:

Deaths and their Ratios, from May 1, 1868, to Nov. 30, 1878.

Official year.	Whole number of patients.	Daily average No. of patients.	DEATHS.			Per cent. on whole No. patients.	Per cent. on daily average number of patients.
			Men.	Women.	Total.		
1868–69,	268	85 47	14	1	15	5 59	17.57
1869–70,	343	225.17	18	3	21	6.12	9 32
1870–71,	307	237.	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4 55	6.18
1872–73,	336	264.53	12	9	21	6.25	7.86
1873–74,	524	239.51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5.95	8.45
1875–76,	616	452 64	26	7	33	5.35	7.31
1876, 8 mos.	548		9	6	15	2 73	3.28
Dec 1, '76,		456.97					
Nov. 30, '77,	619	463.88	19	12	31	5.01	6.69
1877–78,	629	474.17	27	13	40	6.36	8.43

At the beginning of this year the hospital was overcowded and uncomfortable. None of the officers considered it judicious to increase the number of beds or curtail the conveniences of those already here. But I am reluctantly obliged to report that we close the year with four hundred and eighty-one (481) patients. This gradual and almost imperceptible increase in numbers resulted from the natural desire which we all feel to accommodate the urgent cases which are brought to the hospital without warning or previous application.

Your officers perceive the distress of sorrowing friends, who have no means of providing for an acutely maniacal case, and hastily prepare a bed in one of the halls, day-rooms, or dormitories. After such a bed is once occupied it is almost an impossibility to remove it. Only those who have had hospital experience can appreciate this gradual growth in numbers.

The hospital was originally intended and fitted for the comfortable accommodation of but four hundred and fifty (450) patients, two-thirds of whom it was supposed would be chronic cases, and for whom dormitories were provided in lieu of single rooms. A large number of quiet, incurable patients, whose condition offered no prospect of benefit from longer treatment in a hospital, were removed to make room for more urgent cases; and at no time has the hospital failed to open its doors to this class of the afflicted poor when such exchanges could be effected.

A natural consequence of this policy has been a constantly increasing proportion of what may be called the turbulent population of the hospital, requiring more vigilance, patience, and labor on the part of those having the care and supervision. Notwithstanding this liberal policy, which has permitted your hospital to be overcrowded, I am reluctantly obliged to report that the list of applications for the admission of pauper and indigent female patients has steadily increased, until eighty-six (86) names are regularly entered on our application book on the last day of November. In the natural course of events an average of eight (8) removals of female patients, by recov-

ery or death, will occur every month; hence those who apply for admission now can probably be received next July or August. This deplorable lack of accommodations for females is not new or recent. It has existed ever since the hospital was opened. Repeated demands for more room have been made by your honorable board, by the chief executive of the State, and by commissioners appointed expressly to ascertain the needs and necessities of the State, and yet years have passed without positive relief.

The facts already cited seem to indicate that public officials are ready to send patients to the hospital whenever their attention is called to proper cases. Is it not strange that the family friends — those who are related by blood and kinship — should often stand in the way and prevent the early removal of an insane relative until weeks and months have passed, and the patient has become hopelessly deranged, or too unmanageable to be longer retained at home ?

It is but a few weeks since a man was received from a neighboring town who had been insane several years, and kept at his brother's house, confined by a chain fastened to a staple in the floor and an iron collar about his neck. Since admission to the hospital he has been quiet and harmless, and able to perform some labor about the grounds.

In attempting to provide for as many patients as possible, I have, with your approval, made arrangements with two families residing near the hospital to receive, as boarders, a few mild cases from time to time. In this way one male and four female patients have been provided for. While receiving family care they are still under the supervision of the medical officers of the hospital, and attend entertainments and divine service regularly in the hospital chapel. To what extent this policy can be pursued is still undetermined. Our experience would lead to the conclusion that it is safe and advisable only in mild cases of long standing, where no benefit can be expected from the medical or moral treatment usually pursued while at the hospital.

Desiring to relieve our overcrowded wards, you decided to

remodel the old carpenter shop so as to adapt it to hospital purposes. At a special meeting of the board in May, a committee was appointed and instructed to procure plans and carry forward this work. The original building was a substantial stone structure, twenty-seven (27) feet wide, fifty-two (52) feet long, and three stories in height, with an addition on the eastern side which could be easily finished as closets and bath-rooms. In this building brick walls have been carried up throughout, so as to form twenty-seven (27) single rooms, nine (9) on each floor, with clothes-rooms, closets, and halls. An addition of sixteen (16) feet made at one end will furnish a dining-room on the first floor and two day-rooms above. The building is heated by steam from iron radiators in the basement, a hot-air flue leading directly to each room. Every room has also a ventilating flue, conducting directly up and out above the roof. When these changes shall have been completed, good accommodations will be afforded for twenty-four (24) turbulent, destructive, or filthy patients, each one having a warm, strong, well-ventilated, single room. The building is situated one hundred and seventy (170) feet on the rear of the hospital wards, but only one hundred and fifteen (115) feet from the large kitchen.

It is the purpose to transfer to this detached building the criminal insane, together with such noisy patients as may disturb others, and thus relieve the whole house.

A new brick building, fifty (50) feet in length, twenty (20) feet in width, and two stories in height, was erected during the summer, to be used as a carpenter's shop, in place of the remodeled building. It is situated near the boiler-house, and at a convenient distance from the main buildings. It is furnished with buzz and gig saws, turning lathes, mortising machine, and a small engine for power. The second story is used as a store-room and drying closet. The lower floor is devoted to mechanical purposes. Here the carpenter work and repairing of furniture for the whole institution is economically executed. The entire cost, including engine and machinery, was $2,500.

One of the most important improvements made during the year was the construction of a new dock, to replace the one donated to the hospital twelve (12) years ago by the town of Middletown, and which had become almost worthless by long usage and the action of spring freshets. To avoid like disastrous action in future, it was decided to fill the entire space with refuse stone from the Portland quarries. The new dock has a river frontage of one hundred (100) feet and cost $900. All of the coal, stone, brick, and other building materials is landed at this dock, at a distance of one-half mile from the hospital.

In the matter of general improvements, the past year has been a busy one. Among those worthy of note I would mention extensive repairs at the old North Cottage, including a new floor in the living rooms, the removal of a partition to enlarge the capacity of the south dormitory, relaying of the cellar drain-pipe, building a permanent stone stairway and entrance to the cellar, and painting the cottage on the outside.

In September, your committee on "Amusement Hall" decided unanimously to push the work forward, and it is at this date so nearly completed that we can already appreciate the advantages it will afford us in our course of winter entertainments. Up to the present time we have reluctantly used the chapel for such purposes. Hereafter it can be sacredly devoted to religious services. The new hall is situated in the attic of the center building. It is seventy-three (73) feet in length, thirty-one (31) feet in width, and fifteen feet, six (15′ 6″) inches in height, well heated and ventilated, with seating capacity for four hundred (400) persons. The stage is twenty (20) feet in width, and thirty (30) feet in depth, with drop curtains and side wings painted from simple but pleasing designs.

The usual force of mechanics has been employed in keeping the hospital in thorough repair. In a population of four hundred and eighty (480) sane persons the ordinary "wear and tear" would be no inconsiderable item of expense.

Those who are familiar with the propensities of the insane will comprehend how much larger the item of repairs becomes when providing for a hospital population.

During the year the walls and ceilings throughout seven (7) wards were covered with three coats of best oil paint, and all the wood-work varnished. Some simple bright lines and stencil designs were placed on the ceilings, adding much to the general effect, with only slight additional expense. In all of these improvements considerable assistance was rendered by convalescent patients.

Early in the season our worthy supervisor designed a rustic summer house, which was subsequently erected by attendants and patients. This structure, one hundred and forty (140) feet in length and fourteen (14) feet in width, is divided into ten (10) subdivisions, with seats in each for twenty (20) persons. Climbing vines were cultivated at the ends and sides. At a short distance was placed a flag-pole sixty-five (65) feet in height, and around it a rustic band stand covered by canvass. A strong permanent swing and exercising bars were also erected, and a platform for dancing. Here many an hour was pleasantly passed daily, while listening to the music of the band, or resting after the simple military evolutions of the morning.

In response to personal solicitation, a few friends contributed a sum sufficient to purchase instruments and music for the hospital band. Under the leadership of Col. Thayer the musicians, who are regularly employed attendants, have steadily improved, until considerable proficiency has been attained. Good music has been furnished to lead the daily exercises and games, and an outdoor concert on two evenings of each week during the summer. I am convinced that so large an element of music, amounting to at least two hours daily, in connection with the regularity and discipline of the outdoor military evolutions, has proved not only pleasant, but decidedly profitable to patients as well as employes. Under these various influences many feeble-minded and partially demented patients have been awakened to new life and

energy, while others are prevented from sinking into hopeless imbecility.

All of this class have been kept out of doors at least five hours daily — not in close airing courts, but on the lawn and about the rustic house, or in long walks about the country.

On every pleasant afternoon more than one hundred (100) persons from all parts of the hospital would assemble on the front lawn to enjoy a game of foot-ball, while the band discoursed lively music. These simple statements respecting the daily life at a hospital are given to illustrate how much more humane is the custodial care of the insane at a hospital than elsewhere.

I believe I am correct in saying that the chief aim and study of medical superintendents during the past quarter of a century has been to reduce to the minimum the amount of restraint required in asylums, and to substitute labor, exercise, and amusement in its stead. It is absurd to assert that all restraint is unnecessary and must be abolished. If it were a fact, where would be the necessity for building hospitals? Should not the patients be at home and at liberty?

An experience of fifteen (15) years in the care of more than three thousand (3,000) insane persons, together with considerable observation in this and foreign countries, and a careful study of the literature relating to the insane, convinces me that one of the most efficient elements in the treatment and restoration of insane persons may be found in the regularity of hospital life, and the moral restraint therein exercised. Nearly all deranged persons lack will force to balance, correct, and control perverted mental action. Unless their abnormal thoughts are directed and corrected, morbid habits of thought will become fixed and permanent. No one doubts the efficacy of properly directing the growth and development of the mental faculties in healthy childhood; of exercising suitable control over wayward youth; and but few will question the wisdom of similar supervision over those who, from disease, are unable to reason correctly and act properly. Admitting, then, that removal from home

influences and the substitution of properly directed control at a hospital is advantageous and necessary in a majority of cases (not all,) let us for a moment inquire how far this supervision can be confined to purely moral means. In other words, is it ever necessary to resort to mechanical restraint in the treatment of the insane?

This is one of those questions which cannot be answered by a simple affirmative or negative. A few years ago (not now) the English alienist would unhesitatingly have answered, mechanical methods of control are unnecessary. At the same date the American alienist conscientiously believed that some forms of mechanical protection were absolutely required in hospital practice.

Paradoxical as it may seem, both of these positions were untenable. Here, as in other debatable questions, the extremes were not correct. Experience has shown, on the one hand, that asylums can be conducted without mechanical appliances; and, on the other, that there are some insane patients who are more humanely restrained, who make quicker and better recoveries, at less expense and trouble, when controlled by mild mechanical appliances, than when subjected to the seclusion of padded rooms or personal holding by attendants, under the so-called "non-restraint" system introduced by Hill or Connolly into the English asylums. The result has been a modification of views on both sides, and the thoughtful, conscientious alienist of to-day exercises a more healthy supervision over his patient by following neither the one extreme nor the other, but a happy mean. It is a fact easily substantiated by statistics that during the past ten (10) years American superintendents have steadily lessened the amount of mechanical restraint in hospital use, until now ninety (90) of every one hundred (100) patients sent to hospitals return to their homes restored, or remain at the institution in a condition of chronic insanity, without having been subjected to any form of mechanical restraint. It is only used in extreme cases of acute disease, where repose in bed is considered indispensable, or for protection in

well pronounced homicidal or suicidal patients. Some American alienists conduct their institutions without even making use of any appliance other than careful watching and medicinal agencies. Dr. H. P. Stearns, in his report of the Hartford Retreat for the year 1877, on page 27 uses the following language: "They [waistcoats, wristlets, camisoles, manacles, muffs, etc.] are eminently unscientific, and should be dispensed with *as far as possible*. It has been my aim to carefully and earnestly study each case coming under my observation with this in view, and I am happy to be able to report that we have succeeded in passing the year without the use of any of these means of mechanical restraint."

In my recent brief visit to European institutions I saw in use the same mechanical appliances that are found in American hospitals, *viz.*, camisole waists, leather wristbands, and "protection beds"; and in one asylum the shower-bath — a form of "mechanical medication" which I have not found in any American asylum — was in daily use, with good results, according to the testimony of the assistant physician. With one exception, the medical officers in charge of British asylums conversed with me freely respecting the moderate use of mechanical protection in preference to personal seclusion or manual restraint by attendants. The impression gained by these interviews and personal inspection of institutions confirmed the statement already made, *viz.*, that during the past few years a strong and general reaction in favor of the moderate use of mechanical protection in the treatment of the insane had taken place. This is conclusively shown in the published statements of leading foreign alienists. Thus Dr. Blandford, in his excellent manual for students, says: "At the suggestion of the Commissioners in Lunacy, I have employed mechanical restraint." A leading article in the *Medical Times*, on "The Insane and their Management," referring to acute maniacs, insane epileptics, and general paralytics, declares "restraint in some form or other is necessary." Among other well-known names of those who approve of the use, in certain exceptional cases,

of some simple form of mechanical restraint, may be mentioned Dr. W. A. F. Browne, the late Dr. Forbes Winslow, Dr. Murray Lindsay, and Dr. Ashe of Dublin.

In an article on "The Theory and Practice of Non-Restraint in the Treatment of the Insane," published in the *Edinburgh Medical Journal*, April and June, 1878, Dr. W. Lander Lindsay, superintendent of the Murray Royal Institution, at Perth, says: "Among the general results of my own observation, correspondence, and reading are these: The use of mechanical restraint is advocated by at least ninety (90) per cent. of physicians engaged in lunacy practice throughout the world. Mechanical restraint forms an occasional feature of treatment in those asylums which have the noblest history and the highest reputation. In other words, it constitutes an essential feature in the most modern, most enlightened, most humane treatment of the insane."

I have asked your indulgence in making the foregoing remarks respecting restraint, because I believe the public have been misled by some recent American writers and teachers, who have apparently endeavored to compliment the foreign, especially the English asylums, at the expense of our own institutions. After many years' experience in the one, and no inconsiderable freedom in visiting the other, I would remark:

1st. That the foreign institutions are more substantially constructed than our own; or, in other words, that the buildings cost more. This is seen in the stone floors, and fire-proof stairways, and thick walls, and turreted roofs.

2d. The foreign asylums are not so well furnished as the American, and there is less of the home-like, comfortable appearance which many of our institutions have.

3d. Less attention is paid to heating and ventilation. Many of the English asylums have simply old-fashioned fireplaces, protected by iron cages; and one superintendent told me frankly that he knew nothing about ventilation or its principles — "that belonged to the engineer."

4th. The same forms of mechanical restraint are in use in both continents. The only difference seems to be that in England they "abolish the name but retain the thing — restraint — while here we retain the name, but virtually abolish the thing." In confirmation of this statement, I would simply mention the fact that at Hanwell, near London — the scene of Connolly's labors — I saw more in the way of "bolts and bars," "coercion and confinement," in one day, than can be found at this institution in any ten days. And the babel of noise and confusion in one of the male wards exceeded anything in my previous experience. From the moment I had passed the well-guarded lodge, by permission of the uniformed gate-keeper, through the locked front door, had waited twenty minutes in the large, uncarpeted, and sparsely furnished visitors' room, until a uniformed turnkey was ready to accompany me through the wards, halls, kitchen, and store-rooms, an uncomfortable feeling of restraint and utter helplessness took possession of me, and remained with me until I was once more outside the high walls. It was the same sort of feeling that one experiences in visiting a penal institution. Yet this was Hanwell, the scene of Connolly's life-work — an institution which has been held up as a model to be copied, and about which so much has been written.

Perhaps I have said enough to indicate that I am an advocate of the moderate use of mechanical protection in the treatment of the insane, or, in other words, to employ or apply what I consider the "*best thing for a given patient under given circumstances*," without reference to the creeds of other people. Each case is studied individually. It would be unwise to restrain nineteen (19) of every twenty (20) patients, because they do not require it. It would be equally unwise *not* to restrain the twentieth, who is destructive, dangerous, and turbulent. Safety and moral discipline require it no less than the general good of the large majority who are quiet and orderly.

This properly brings me to speak of the results attained

in this institution. By our system of daily reports we are able to record the exact number of hours or days and the form of restraint to which any patient is subjected, and the reason for it. From these tabulated reports it appears that only thirty-two (32) out of three hundred and thirty-five (335) males were subjected to any form of seclusion or restraint, and the whole time amounted to only five hundred and ninety-six and one-fourth (596¼) days; or, to express it in another way, would be to state that one man was restrained all the year, and another seven (7) months and twenty-one (21) days. This is the sum total of restraint among men, with a daily average present of 236.11.

In my last annual report I stated that insane women, from habit and inclination, take less outdoor exercise, are by nature more "nervous," and consequently require more attention and restraint than men. Among the chronic insane there seems to be also a greater propensity to destroy clothing and to expose the person. Hence, our tables show that more individuals of this sex were restrained or in seclusion; and the whole time amounted to eighteen hundred and eighty-six (1,886) days. Using the same form of statement as above, it appears that five women were secluded or in restraint all the year, and one other for two months and one day, with a daily average of 238.06.

Among the most common causes for its application, I would mention extreme mischievousness, determination to disrobe, repeated attempts at homicide, repeated attempts at suicide, maniacal excitement, masturbation, and destruction of clothing. One male patient was slowly but surely wasting his enfeebled frame by persistently standing. Here we found a covered bed, or, as it has been unjustly called, "the Utica Crib," of not only practical service but a real necessity. In this covered bed the patient could be comfortably kept in a horizontal position on a soft mattress, entirely free from other restraint.

In former reports I have referred to the amount of labor performed by patients, and its beneficial influence in promot-

ing primarily the health and vigor of the body, and secondarily that of the mind. In performing the daily household labor in kitchen, laundry, and bakery, a number of women and some men find regular employment. A still larger number of men are engaged in farm and garden work. Our daily reports show that fifty-five (55) per cent. of the men and forty (40) per cent. of the women were regularly occupied during the greater part of each day. The following table shows the exact per cent. of each sex during the past six months:

LABOR TABLE.

	Females.	Males.
June,	.42	.56
July,	.43	.57
August,	.38	.58
September,	.37	.54
October,	.36	.55
November,	.35	.52

In the twelfth annual report I gave an account of some forms of military exercises, in which nearly all of our male patients who were not at work engaged daily for one or two hours. This system has been perfected and extended, so that during any pleasant forenoon not more than half a dozen male patients could be found in the building, and these the helpless and sick. After the morning evolutions these companies would walk about the town and country for miles, and it is gratifying to report that no one eloped while enjoying this freedom, and there were only three or four attempts. I am pleased to know that this experiment of larger liberty for the insane meets your hearty concurrence and approval.

EXERCISES AND ENTERTAINMENTS.

It has been already mentioned that nearly all of the inmates of this hospital are kept out of doors several hours daily during the pleasant months of spring, summer, and autumn, and that a band concert is enjoyed by all on two evenings of each week. Experience and observation show that the quietude and good order of the household is promoted by these vari-

ous methods of occupying the insane. Their general effect tends to revive self-respect, recall and awaken enfeebled intelligence, and correct eccentricities. As additional aids during the long winter evening, a programme of exercises has been more successfully carried out than heretofore. Lectures, concerts, stereopticon exhibitions, and dances occur regularly, so that three evenings of every week are agreeably filled up. A brief synopsis will indicate the nature and variety of these entertainments better than a lengthy description :

Two lectures on Africa, Rev. C. L. Loomis, Middletown, Conn.
One lecture on Geology, E. J. Hulbert, Middletown, Conn.
One lecture on Sandwich Islands, Dr. Shew.
Three lectures on The Talmud, Rev. Dr. Coit, Middletown, Conn.
The Destruction of Jerusalem, Rev. Dr. Coit, Middletown, Conn.
The Jews in Spain, Rev. Dr. Coit, Middletown, Conn.
One lecture on A Night in London One Hundred Years Ago, Prof. C. T. Winchester, Middletown, Conn.
One lecture on German Life, Prof. W. O. Atwater.
One lecture on London, Dr. Shew.
One lecture on Windermere and Edinburgh, Dr. Stearns, Hartford, Conn.
One lecture with Oxyhydrogen Microscope, Prof. A. A. Starr, New York city.
One lecture on Drinking Water and its Impurities, Dr. Chamberlain, Hartford, Conn.
Two select readings, by Walter Church, New Haven, Conn.
One select reading by Rev. Mr. Bradley, Boston, Mass.
One select reading by Alfred M. Lamar, New York city.
One select reading by Prof. Hibbard, New Britain, Conn.
One select reading by Mr. Merrill, Middletown, Conn.
Twenty assemblies, music and dancing.
One masquerade party, dancing.
One exhibition of dancing by Mr. Spencer's class.
Five stereopticon exhibitions, Drs. Olmstead and Fisher.
One concert, Hospital Minstrel Troupe.
One concert, Mr. A. A. Cole and friends.
One concert, officers and attendants.
Three evenings, tableaux and farces.
One evening, two farces, performed by the Misses Gilman, Ludham, and Hulbert, and Messrs. Warner, Huske, Copeland, and Snively.

As in former years, the Sabbath afternoon services have been regularly conducted by pastors of churches in the

neighborhood, to all of whom my grateful acknowledgments are tendered.

On the 29th of last July one-half of the inmates of this institution enjoyed a novel holiday. Two hundred and twenty-nine (229) patients — one hundred and sixty-one (161) males and sixty-eight (68) females— representing all the wards in the house, enjoyed a sail down the river and out on the Sound. They were accompanied by a sufficient number of attendants and officers, were gone all day, and on returning not the slightest disorder was reported, and no greater accident than the loss overboard of an old straw hat.

FARM.

An examination of Mr. Weatherbee's tabulated report, herewith appended, shows a largely increased production of farm and garden vegetables over that of any previous year. The amount of each product is derived from actual weighing or measurement. The sum total of value does not equal that of some former years when prices were higher. This does not, however, diminish the value to the hospital, as all of the products are consumed. The farm is now well stocked, and is being improved from year to year by sub-soil drainage and the use of sewage and the removal of stones, old walls, and brush. Much of this labor is performed by convalescent and quiet chronic patients, under the direction of our farmer.

FINANCIAL STATEMENT.

Referring to the clerk's balance sheet, herewith appended, you observe that the regular receipts have enabled us to conduct the hospital another year; to make the needed repairs and improvements without diminishing the diet tables or increasing the price of board. The total revenue for the year amounted to $112,665.08, and the expenses $111,276.69. Thus it will be seen that, notwithstanding the extensive permanent improvements made this year, and an increased daily average of eleven (11) patients, the expenses have been $4,744.69 less than the preceding year. The price per week

to all town and indigent patients was four (4) dollars, and it should be remembered that this sum covered all expenses, including salaries and pay.

We have, at this date, thirty-four (34) paying patients who are supported by friends, to whom the charge is five (5) dollars per week.

ACKNOWLEDGMENTS.

We are again indebted to Mr. T. S. Gold, secretary of State Board of Agriculture, for copies of valuable reports from other States. Also to a number of gentlemen friends who contributed a fund for the purchase of music and band instruments.

Newspapers were gratuitously received as follows :

The Courant, Daily,	Hartford
The Post, Daily,	Hartford
The Register, Daily,	New Haven
The Winsted Herald, Weekly,	Winsted
The Palladium, Weekly,	New Haven
The Times, Weekly,	Hartford
The Living Issue, Weekly,	New York
The Bridgeport Standard, Weekly,	Bridgeport
The Tolland County Journal, Weekly,	Rockville
The Sheltering Arms, Monthly,	New York
The Connecticut News, Weekly,	Salisbury
The Constitution, Weekly,	Middletown
The Sentinel and Witness, Weekly,	Middletown
The Religious Herald,	Hartford

Since your last annual meeting two changes have occurred in the staff of resident officers. Dr. Calvin S. May tendered the resignation of his office as first assistant physician, which he had so creditably filled, to accept the superintendency of the new Massachusetts Hospital for the Insane at Danvers.

Dr. James Olmstead was promoted to fill the vacancy. Dr. William E. Fisher was also advanced, and Dr. Charles E. Stanley received an appointment as third assistant.

The other positions are filled by the same officers who have efficiently served the State for several years. I am under especial obligations to all for cordial co-operation in this arduous labor. This imperfect summary of the results of

another year's hospital work, I would, in conclusion, submit as my thirteenth annual report. It is now more than twelve (12) years since you invited me to act as your executive officer in establishing the Connecticut Hospital for the Insane. At that date the land, now inclosed, graded, and ornamented, was simply pasture land; the hospital buildings existed only on paper and in the hearts of those who, through faith, hope, and unity of purpose, believed that the commonwealth of Connecticut would no longer permit her afflicted sons and daughters to languish in jails and unwholesome almshouses. These have been active, earnest years of persevering labor, during which some of the early helpers have passed on to their reward. But most of us remain to see in the completion and organization of your hospital the consummation of early expectations. For the cordial support you have always afforded me in the important trust committed to my charge, I shall ever feel grateful. Soliciting the continuance of your earnest help, and the blessing of an overruling providence, I look forward with hope to the duties of another year.

Respectfully submitted,

A. M. SHEW, M.D.,
Superintendent.

Middletown, Conn., Nov. 30, 1878.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

In presenting to your honorable body their fourteenth annual report, the trustees of the Connecticut Hospital for the Insane may happily congratulate the State on the propitious results of the year closing December 1, 1879, as connected with this institution. It has been a year of quiet and busy action, satisfactory in character and good results. The blessing of God has rested on the efforts made for the restoration and welfare of the 614 persons who have been in the hospital as patients. Of this whole number only 19 have died — a death rate below our average in former years, and much below that of similar institutions. The result is to be in part attributed to the faithful medical executives, to those who, aiding them, have cared for the cleanliness of the patients, their wards and rooms, also to the regular exercise, steadily improving diet, and the pure air of a healthy situation, together with the attention given to proper ventilation within doors. All of us know that often with the best intentioned plans and careful oversight, our enterprises will turn out untowardly, but this year has been one of signal freedom from such mishaps, as well as from epidemics and other evils. One has only to pass through the wards to see that a tone of general healthiness exists among the patients, of whom there have been 518 in the buildings at one time.

The price of board, during the year, has been $3.75. It is to be hoped that the rise in provisions and materials, now going on over the whole country, will not necessitate an advance upon this price. It is our aim to so administer the

affairs of the institution as to make it a self-supporting one, believing that that plan is in accord with the wishes of the legislature.

Soon after the sending in of our thirteenth report one of our board, formerly lieutenant-governor of the State, the Hon. Julius Hotchkiss, was called away after a short and painful illness. He was buried at Middletown on the 26th of December, 1878; the resolutions on our record commended warmly his great faithfulness and eminent usefulness in the work of your hospital.

Dr. J. W. Alsop of Middletown was chosen to the vacant office of "local trustee."

An additional reservoir, about one-fourth of a mile above the old one on Butler Creek, has been constructed during the year. The experience of a shortness of water supply in 1870 (and threatened deficiencies in other periods) made it evident that there was need of more storage room for water for use in times of severe drouth, and especially if additional buildings were to be erected by the State on the grounds adjoining the present buildings. The flowage of the new reservoir is about three acres — the depth of water at the new dam is about fifteen feet — there is now a head of about 160 feet, which is fully adequate to cover with water the highest parts of the hospital buildings. The work was begun in March, and finished in November, at a cost of about $2,000. To have all the advantages of this increased supply of water it is requisite to connect the new reservoir with the old one, and to have 10 hydrants, so placed around and *outside* the buildings, which are about 1,000 feet in length, as to be used promptly in event of fire. There have been in this country twelve hospitals for insane destroyed by fire within the past twelve or fourteen years. It is to be remarked just here, that in every one of these, there was what was supposed to be efficient protection against fire, but in every one the protection was prepared for the *interior* of the building — none of them had *exterior* hydrants. The expense of so many feet of heavy six-inch iron pipe, with the needed hydrants and

hose, is the only objection to their being immediately ordered. While it is supposed that every precaution against fire within the walls is already taken, a delay in making the connection proposed might cost the State a large sum of money and hazard the lives of the inmates of the institution.

During the year there have been completed and paid for, without asking the aid of the State, an "amusement hall" for the patients, seating 400 persons, an "annex," with 24 beds in single rooms for the most excitable and unruly patients, and a dwelling for the engineer; also an addition of twenty-four stalls for cows in the farm barn. There have been placed new slating and felting upon the roof of the center building; concrete walks connecting hospital and "annex;" repairs have been made to fences; cellar walls have been relaid under the cottages, etc., etc., details of which will be found in the superintendent's report.

There has been a larger number of patients than during any previous year. The number at this date is 510.

For the second time, a pleasant variation from ordinary modes of benefiting the patients was a steamboat excursion to the seashore, on the 2d of August last. Three hundred patients, attendants, and officers embarked at 8 A. M., steamed to Niantic, and returned by moonlight at 10 P. M. The hospital band played for them on the river and sound. There was nothing to disturb harmony during the whole trip. It was greatly enjoyed. We who are free to go or come as we choose may think it a small matter to mention a day's steamboat excursion, but a moment's reflection on the condition of these "mental invalids" will show all that it was a "great thing" to them. It was worth all the cost of the experiment, $65, to know that so large a number of insane people could be gathered together on the deck of a vessel for fourteen hours, and that literally nothing of an unpleasant nature should occur.

The treasurer's and the superintendent's reports will show the financial, statistical, and economical condition of the hospital.

We have been called to sympathize deeply with our superintendent in the loss of his wife. Mrs. Shew's funeral was attended by the board on the 23d of September.

Seven cases (two of them fatal) of diphtheria have occurred during the year. Only one *patient*, and she a "convalescent," had the disease. She recovered of that terrible disease. Lest any local cause should exist for this evil, one of the medical members of the board was appointed as a committee to make thorough examination, with a competent plumber and assistants. He spent two or three days in critical observations of the sewer connections of the buildings and surroundings. We are happy to say that it was the unanimous opinion that no source of evil existed in our institution. In two of the seven cases the parties had been exposed in visits where the disease had developed in a friend or neighborhood. Its presence on our healthy site is to be attributed to atmospheric influences, which obviously are beyond our power to control.

As their duty to the many unfortunate sufferers from insanity, and to the interests of the State seemed to require, the trustees heartily approved and earnestly commended the report of the special commission appointed by his Excellency the Governor, which recommended to the legislature of last year that an appropriation be made and work immediately begun on additional buildings, to accommodate the increasing number of patients. The need of such buildings is now greater than ever. Had the appropriation been made then, much suffering might have been evaded or alleviated, and, owing to the now increased cost of materials and labor, from twenty to forty thousand dollars have been saved to the treasury of the State.

The terms of service of the members for Litchfield county and for Fairfield county expire this year. We cordially request their reappointment for a new term.

Respectfully submitted,

CHARLES B. ANDREWS,	*Litchfield.*
ROBBINS BATTELL,	*Norfolk.*
EZRA P. BENNETT, M.D.,	*Danbury.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
BENJAMIN DOUGLAS,	"
JOSEPH W. ALSOP, M.D.,	"
E. B. NYE, M.D.,	"

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN,— I present herewith tabulated reports of hospital work for the fiscal year ending November 30, 1879. You have already learned, at your monthly and quarterly visitations, particulars respecting the daily transactions of the year. It remains for me now to generalize the results, directing attention only to facts and suggestions of special interest.

As a whole, the year has been one of quiet, laborious work, affording satisfactory evidences of professional and general attention to details, without which disorder and deterioration would be manifest. The only remarkable feature of the year, which I would especially emphasize, was the uniform good health of the whole household, and the unprecedentedly small mortality. This appears all the more remarkable when you consider the classes, condition, and ages of those comprising our hospital population. It should be remembered that nearly all patients are brought to us in a debilitated condition from physical disease, loss of sleep, or neglect; many having hereditary tendencies to nervous disorders, others advanced in life, and all mentally deranged. To build up the physical system, properly classify mentally, and provide medical and moral treatment suited to each individual case, and all collectively, is a work of no small magnitude.

The year began with 481 patients, 241 males and 240 females. There have since been admitted 163, 75 males and 88 females, making a total of 644 present during the twelve months. Of this number 45 have recovered, 33 have been discharged much improved, 37 mild cases were exchanged

for more excitable ones, and 19 have died; leaving 510 present at the close of the year, of whom 246 are males and 264 females.

It will thus be seen that your hospital has treated a larger number of patients by 15 than during any previous twelve months, and that the total number of admissions since May 31, 1868, when the institution was opened, is 1,837. These figures represent so many different persons — that is, no individual receives an admission number more than once in a fiscal year. If discharged and readmitted, he takes his old register number. This explanation seems necessary, and the system it represents indicates exact truthfulness in our statistics.

I report the number of those who have recovered this year as 45; 37 of these were recoveries from a first attack; 2 from a second; 4 from a third; and 2 from a fifth in former years.

Undoubtedly many who were classed as "much improved," have been permanently restored. In fact we know this to be true of some; but prefer to underestimate rather than overestimate the total when so many elements of uncertainty enter into the calculations. I have already alluded to the small number (nineteen) of fatal cases. Five deaths were the result of that incurable and most serious of all forms of nervous disease, general paralysis. Four deaths were the result of natural decay in old people, all of whom had passed the age of 78. One female died from cancer of the breast. Many attempts at suicide by melancholy patients were made during the year, only one of which was successful. One male patient, a quiet, harmless old man, who for years had taken his afternoon nap on the hay mow in the farm barn, was fatally injured while asleep by another quiet chronic patient who has for a long time labored with the farm hands and was considered harmless. There was only one death from pulmonary consumption and from apoplexy. The average age of all who died was 55.68 years.

Deaths occurred in months as follows: In December 3, in

January 1, in February 1, in March 2, in April 0, in May 4, in June 1, in July 1, in August 1, in September 1, in October 1, and in November 3.

The following table shows the number of deaths each year, the percentage of the whole number, and of the average number present:

DEATHS AND THEIR RATIOS FROM MAY 1, 1868, TO NOV. 30, 1879

OFFICIAL YEAR.	Whole Number of Patients.	Daily Average No. of Patients.	DEATHS.			Per cent. on Whole No. of Patients.	Per cent. on Daily Average No. of Patients.
			Men.	Women.	Total.		
1868-69,	268	85.47	14	1	15	5.59	17.57
1869-70,	343	225.17	18	3	21	6.12	9.32
1870-71,	307	237.	11	10	21	6.71	8.86
1871-72,	329	242.58	9	6	15	4.55	6.18
1872-73,	336	264.53	12	9	21	6.25	7.86
1873-74,	524	239 51	18	17	35	6.67	10.30
1874-75,	605	425.80	21	15	36	5.95	8.45
1875-76,	616	452.64	26	7	33	5.35	7.31
1876, 8 months,	548	456.97	9	6	15	2.73	3.28
Dec. 1, 1876,							
Nov. 30, 1877,	619	463.88	19	12	31	5 01	6.69
1877-78,	629	474.17	27	13	40	6.36	8.43
1878-79,	644	498.34	9	10	19	2.95	3.81

I have to report seven severe cases of diphtheria occurring at irregular dates during the past eight months, two of which proved fatal and a third resulted in death from paralysis of the heart after convalescence had been fully established and the patient up and about. An interesting fact in the development of these cases is, that strong, healthy, *sane* persons were attacked, only one case having occurred among the patients, and that one in a convalescent who was passing the time out of doors. All of these cases, excepting the first two, appear to have been sporadic, occurring without exposure to others, and at long intervals of time and in per

sons living in different buildings. One of the severest cases was that of a vigorous male attendant, who for four years had had charge of one our of cottages, situated 780 feet away from the hospital and not connected with the sewer. Remembering all of these facts, and the marvelously healthy condition of our patients, it is illogical to suppose that the disease resulted from imperfect sewerage. On the contrary, as these cases occurred among people who were *well* and out of doors, and as other sporadic cases happened in South Farms simultaneously, it is reasonable to attribute the poison to atmospheric influences prevailing over a large district of of the town. The following table, carefully prepared from the ward daily reports, shows that the average number of patients was 498.34. The average number persons sick in bed was 5.71 — only a fraction over one in every one hundred patients. No other evidence is required to prove the general healthfulness of this location and the good sanitary condition of the institution :

	MALES.				FEMALES.			
	Average Number Taking Medicine.	Average Number Sick in Bed.	Average Number Working.	Average Number of Patients.	Average Number Taking Medicine.	Average Number Sick in Bed.	Average Number Working.	Average Number of Patients.
December,	21.19	1.74	117.92	242.25	25.32	3.74	88.	240.45
January,	23.41	2.03	113.74	242.90	25.45	3.61	92.07	241.48
February,	24.85	1.71	111.75	244.28	33.71	3.39	96.58	241.71
March,	23 67	2.25	120.34	244.41	31.71	6.09	100.84	242.38
April,	24.60	2.03	118.03	244.66	29.80	5.43	105.80	248.86
May,	23.70	3.58	120.70	244.10	31.96	2.09	104.	252.58
June,	21.80	.90	129.96	244.13	30.08	6.06	105.04	257.83
July,	22.00	.77	132.77	246.54	31.87	3.58	103.37	259.41
August,	22 54	.96	124.28	245.41	35.30	3.35	88.93	261.54
September,	21.36	.26	134.88	244.20	30.	4 20	98.50	267.63
October,	23.58	.43	145.85	246.41	34.19	4.80	103.59	266.90
November,	21.10	1.00	138.28	245.63	31.90	4.60	81.86	264.43
For the year,	22.81	1.47	125.70	244.57	30.94	4.24	97.38	253.76

This table also gives the exact number of patients who were constantly employed. The importance of occupation in the treatment of the insane cannot be overestimated. During the acute stage but little can be done in this direction. But after acute symptoms have subsided, occupation improves the physical condition and prevents the formation of indolent habits, even if it cannot restore full mental activity. Every hospital contains a varying number of the old, feeble, and lame, amounting to one-third of the whole population. You observe that nearly fifty per cent. of the women, and more than that number of men, were kept constantly at work on the farm, in the garden, laundry, kitchen, sewing-room, or about the wards. We have thus made use of nearly all of the available force. The erection of some plain, cheap greenhouses would enable us to interest some others, and continue the work during the winter months, and in this way beautify the wards with flowers and plants when most needed. Nearly all of the improvements about the grounds, and a part of the work at the new reservoir, were made in this way.

This table also shows that only ten per cent. of the whole number were taking medicine regularly. This is a fair average in a State hospital, where three-fourths of the patients are chronic cases. It is absurd to insist upon "dosing" men and women who are physically strong and able to be at work. These persons require, are benefited by, and sometimes cured by moral treatment. They only need medicine when attacked by intercurrent ailments. I deem this fact worthy of mention because some "reformers" have of late insisted that too little professional work is being done in hospitals; that the number of assistant physicians should be largely increased, etc., etc. I am convinced that this reasoning is fallacious, and results from lack of practical experience with insanity. If all insane persons were sent to hospitals immediately, or within three months of the attack, a larger number would require constant professional care and medical treatment, and, undoubtedly, many more would recover. It should be re-

membered, however, that three-fourths of all admissions are chronic cases, in which the functional or acute physical disturbance has passed away, leaving the mental habits (if I may use the term) of insanity. Such cases require custodial care, and all of the methods embraced in so-called "moral treatment" which experience shows to be more useful in restoring mental equilibrium than drugs and medicines.

It is for these and other equally good reasons that the principle of adding to every regular hospital for the insane a group or groups of plain, substantial buildings for the quiet chronic patients has been adopted in some States, and recommended in others. I believe the principle to be correct in theory and most economical in practice. Experience shows that a well-planned hospital for acute cases costs more than $1,000 per patient, while these supplemental buildings can be added at about one-half the sum. To these can be transferred the quiet chronic patients who require less professional care and fewer attendants. At the same time, they would have the advantages derived from chapel privileges, systematic entertainments, and the general oversight of the parent hospital.

It is to be regretted that this plan, which was considered, approved, and recommended to the last General Assembly by a commission of eminent men, was not promptly adopted. The plan of buildings submitted by this commission provided for 250 patients. Responsible builders were ready to contract for the same at $120,000. The rapid advance in cost of material and labor will necessitate a much larger sum now. But I trust that conscientious men of all parties, the friends of the insane, and believers in the humane care of this afflicted class, will unite in an earnest effort to secure what seems to be the most reasonable and economical method of providing suitable buildings for all of the insane poor of Connecticut who are still indifferently cared for in the jails and almshouses. In this connection I should reiterate the fact, painfully evident to selectmen and others who have urgent cases to provide for, that at all times during the past three

years, applicants have had to wait from two to three months until their turn could be reached, simply because at all times the hospital was dangerously overcrowded. No human mind can estimate the sum total of care, suffering, and solicitude resulting from this delay. I am sure, however, that if the most skeptical objector were obliged to stand at the door of this hospital for one month and answer the urgent appeals, hear the affecting stories of distress, see the helpless victims of mental disease, and after all be obliged to turn a deaf ear, he would be most thoroughly converted to favor any reasonable plan for making further provision for this dependent class.

It is evident to the most casual observer that the public are not wholly satisfied with the present condition of the insane. The objectors assert with reason that it is unjust to provide good accommodations for a part, while as many more, equally worthy, are languishing in almshouses. Some people would abolish asylums and let each family provide as best they could for their afflicted members. Others advocate a system of cottages, pavilions, or colonies like Gheel, or the promiscuous boarding out of insane people, overlooking the fact that all of these supplemental plans have been tried — have proved more or less useful as auxiliary measures, but have failed to meet the great requirements of governmental system. And still others have gone to the extreme of asserting that we are all insane, or that no one is insane, and that it is unjust to deprive any one of his liberty for this cause. These persons talk loudly about the abuses in asylums, and would place the officers on a par with the criminal keepers of old Bedlam in the sixteenth century. Disagreeable as it may be for the conscientious Christian workers in this humane field to remain quiet under such unjust accusations, I am not sure that it is on the whole an evil; for it stimulates all to best endeavors, and throws around the insane every necessary safeguard. In this connection it may not be inappropriate for me to briefly review the history of the insane and their treatment from the earliest times. This will serve to show

not only how much more skillfully and humanely they are provided for now, but also some of the causes which led to these favorable results. Insanity has existed from the earliest periods. Some forms of mental disorder are delineated in the Old Testament. The Greek writers mention cases of mental aberration, and the Egyptians had temples and priests dedicated to the care of the insane. But Hippocrates was the first physician who seemed to have any true conception of the real nature of insanity. It was not until the sixth century that any attempt was made to provide for deranged persons in asylums. To the Monks of Jerusalem is awarded the honor of having built the first hospital for the care of their fellows whose minds had become affected.

A century later, the fame of St. Dympna had extended over Europe, and the insane were taken to her shrine at Gheel, Belgium, in the expectation of being restored to mental health. In time, a colony grew up around Gheel, composed of the chronic insane living in the houses of the peasants. Having its origin in romance and superstition, it has continued eleven hundred years, and developed into a great system of governmental care of two thousand of the quiet chronic insane. To the Spaniards belongs the credit of having established the first asylum in Western Europe. In the year 1409, a begging friar, Jofre Gilanext, feeling much for the fate of the poor lunatics who wandered about the streets and fields of Valencia, founded a hospital for their care, the "Cara de Orates." During the next two centuries the insane were considered possessed by evil spirits. Their treatment was ignorant and barbarous. The Franciscan monks used to whip daily those under their charge, and many were burned and put to the rack under the theory of witchcraft and devilcraft. In the year 1547 the Hospital of St. Mary of Bethlehem, near London, was established for the reception of the insane. This building was known as Bedlam, a name celebrated in the history of lunacy, and unfortunately still applied to some asylums. The first asylum (St. Luke's) exclusively for the insane was founded in 1751 by a few benevolent

gentlemen of London. It is evident to the careful student of history that up to the close of the last century the insane were considered unworthy of public care.

The founding of the few asylums already mentioned tends rather to confirm this opinion, as they were exceptional and principally custodial in government. As a rule, when the insane were not entirely neglected, they were incarcerated in jails or poorhouses, where they were kept in chains under the control of convicts. From this period to the latter part of the eighteenth century little progress was made. Dr. W. A. F. Brown thus describes the condition of the insane in England at that period: "The building was gloomy, low, and confined, without windows to the front, every chink barred and grated — a perfect gaol. As you enter, a creak of bolts and the clank of chains are scarcely distinguishable amid the wild chorus of shrieks and sobs which issue from every apartment. Your conductor has the head and visage of a Carib, carries a whip and a large bunch of keys, and speaks in harsh monosyllables. The first common room you examine — measuring twelve feet long by seven wide, with a window which does not open — is for women. Ten of them with no other covering than a rag around the waist, are chained to the wall, loathsome and hideous; but, when addressed, evidently retaining some of the intelligence and much of the feeling which in other days ennobled their nature. And if you ask where these creatures sleep, you are led to a kennel, eight feet square, with an unglazed air-hole eight inches in diameter; in this, you are told, five women sleep. The floor is covered, the walls bedaubed with filth; no bedding but wet, decayed straw is allowed; and the stench is so insupportable that you turn away and hasten from the scene."

That this is no overdrawn picture, is proved by reference to the condition of the insane in France in the year 1792, when the great and good Pinel struck off the chains from fifty-three of the most violent patients confined in the Bicêtre at Paris, and restored them to light and liberty. The history

of this glorious achievement is found in a memoir read by the son of Pinel before the Royal Academy of Arts and Sciences: "Having repeatedly importuned the government to issue a decree permitting him to unchain the maniacs at the Bicêtre, he went in person to solicit what had been refused to his written representation. With courage and resolution he urged the removal of this cruel abuse. At length, M. Couthon, member of the commune, yielded to the importunate arguments of Pinel, and consented to meet him at the hospital to witness these first experiments, as well as to assure himself that this was not a stratagem to give liberty to political offenders. Couthon proceeded, himself, to question the patients, but received only abuse and execrations, accompanied by terrible cries and the clanking of chains. Retreating from the damp and filthy cells, he exclaimed to Pinel, 'Do as you will; but you will be sacrificed to this false sentiment of mercy!' Pinel delayed no longer; he selected fifty, who he believed might be released from their chains, without danger to others. The experiment commenced with an English captain whose history was unknown; *he had been in chains forty years!* As he was thought to be one the most dangerous, having killed at one time an attendant with a blow from his manacles, the keeper approached him with caution. The chains were removed, and the cell door left open. He raised himself, but fell; this effort was repeated again and again; the use of his limbs so long constrained nearly failed; at length, with trembling and tottering steps, he emerged from his dark dungeon. His first look was at the sky! 'Ah!' cried he, 'how beautiful.' The remainder of the day he was constantly moving to and fro, muttering continually exclamations of pleasure. At night he voluntarily returned to his cell, which had been cleaned and furnished with a bed.

In the short period of a few days, Pinel released from their chains fifty-three maniacs."

Where in the annals of history is recorded a more courageous or a nobler act? This brave physician, alone, unsupported, and fearless, did more to elevate and ennoble this

branch of science than all who had gone before him. We do not wonder that a celebrated artist should have seized upon his event as a worthy study for a masterpiece; or that the painting while hanging in the French department of the Paris Exposition, should have been continually surrounded by a throng of eager visitors.

Notwithstanding the success which attended Pinel's labors, the reform which he instituted was slow in its advances, and we find many years after his death,* chains in common use in the treatment of the insane on the continent of Europe, outside of the great university cities, and in Great Britain.

"In 1815 patients were chained to the walls of the best asylums of London.† At Fonthill thirteen out of fourteen were in irons, and in another asylum there was one towel to 170 patients." In 1822, in some countries, jails were used as asylums without change of structure.

At Bethnal Green in 1827, with 500 inmates, patients were chained to their cribs and confined from Saturday evening till Monday morning in order to give their attendants a Sunday holiday.

No physician or surgeon was in charge, but an apothecary made visits two or three times a week. At Lincoln Asylum 39 of the 92 patients were continuously restrained. But it is unnecessary to multiply examples from the official records. Enough has been said to show that like all great reforms the improvement in the condition of the insane was slow and almost imperceptible until the labors of Pinel and Esquirol in France, Tuke, Gardiner Hill, and Conolly in England, and Rush, Wyman, and Todd in America, had shown to the world that the humane care of the insane was not only possible, but also necessary and economical. It must ever be gratifying to us as Americans to remember the part our country has exercised in this good work. For a period of nearly half a century, it is generally conceded that American alienists were more prompt in adopting and more thorough in execut-

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* Dr. Folsom, Disease of Mind, page 10.

† Dr. Folsom, page 13.

ing principles of reform, than those of the older established communities of Europe.

At the time when Conolly had only begun his great work in England, Miss Dix was directing the attention of the legislature to the deplorable condition of the insane in the poor-houses and jails of Massachusetts.

In 1837, Dr. Browne of Edinburgh, said: "In some parts of America there appears to be an ample realization of all that I have wished to inculcate as necessary to place the lunatic in that condition which is most conducive to his happiness and recovery." Writing from England in 1841, Dr. Edward Jarvis said: "Most of the American asylums are doing more for the cure of insanity than any others in the world."

From that period to the present there has been constant progress. This half century has witnessed the abolition of nearly all kinds of mechanical restraint, and the substitution of moral persuasion, gentleness, and kindness together with more intelligent treatment, based on clinical and pathological studies.

The old Bedlam, with its narrow halls and its darkened cells, has given place to our cheerful, commodious, and well ventilated modern hospital. Even in the old asylum buildings great improvements have been introduced; and the personal comfort of the patients is more and more an object of solicitude and study.

The introduction of amusements, entertainments, and mechanical occupations, gatherings for religious exercises, readings and recitations, systems of regular exercise by walking and working, are but a few of the means embraced in the moral treatment at every well-regulated asylum.

Careful inspection of the best hospitals in England, and a few in Germany and France, has convinced the writer that the construction, organization, and general management at hospitals in the United States compare favorably with the best in Europe.

The improvement in asylum buildings has been so marked

that many conscientious alienists believe that the expensively constructed hospitals in New York and Massachusetts are unwarranted, in view of the purposes for which they are created — an opinion in which I heartily concur. All improvements and any expense that will add to the health or comfort of the insane are justifiable. A due regard should be paid to durability, security, and safety from fire. But ornate architectural embellishments and lavish expenditures in finish and furnishings, are not justifiable in our State hospitals. Simplicity and convenience in plan, and durability in construction should be the controlling considerations.

In his last annual report the president of the New York State Board of Charities justly observes:

"The various recipients of public beneficence may be properly divided into two classes, *viz.:* the curable, or those likely to be restored to society under proper treatment, and thus rendered self-sustaining; and the incurable or permanently dependent. The needs of these two classes differ widely. For the first, a greater outlay for buildings, securing extended classification and hospital convenience, becomes necessary; and some public policy, as well as considerations of humanity, warrant the employment of such remedial and corrective agencies as are designed to effect recovery. The second, or incurable class, require custodial accommodations only and the buildings for these should be designed at the lowest possible cost consistent with their proper oversight and care. The buildings should be plain, comfortable, and durable, and properly adapted to their purposes, but without ornamentation or embellishment."

This brief retrospect shows that, compared with any period of the past, the insane of to-day are receiving humane care in the spirit of intelligent, Christian kindness.

In searching for the causes which have led to these improvements, we recognize three distinct periods of time, and certain elements of professional labor as most important factors. In the first period, extending to 1792, the insane were considered unworthy of sympathy, because of their supposed possession of devils or evil spirits. Hence their care was left

to criminals and rough keepers, without the supervision of medical men. The second period extends from 1792 to 1830, during which time the old asylums were remodeled, new ones erected, and all organized on the same basis as general hospitals for sick or surgical cases. A steward was placed in charge of the general management, while attending physicians — not resident — visited the patients and prescribed for their ailments. This was a great stride towards perfection and resulted in positive good to the insane. But the experiences of this period were sufficient to show that it was necessary to go one step farther. The superintending physicians must reside in the building — live with their patients — have hourly communication with them to know their thoughts and delusions, before they could exercise full medical and moral control. Hence another radical change in the organization of hospitals took place, and the third period began. Superintending physician were appointed, having full control, under a board of trustees and managers, of the professional and general affairs of the institution. Their time was devoted to the work. Attendants and employes held office only during good behavior. Improvement soon became manifest in the general morale of the institution. Home life was developed, and, in short, hospitals were elevated to the rank of homes for the insane, governed on the same broad principles as those which are necessary to success in the management of railroads, manufacturing concerns, ships, or armies. The principle of a responsible head with undivided authority succeeded that of limited authority.

The results have been manifest during the past half century, in the almost total abolition of mechanical restraint, greater freedom, the introduction of amusements, exercise games, and labor as auxiliary to medical treatment. During this period medical men in charge of hospitals have vied with one another in effecting reforms; and it is owing largely to their individual efforts that the insane of this age enjoy so many privileges. Ambitious on the one hand to enlarge these privileges, they are conservative on the other in wish-

ing to check visionary projects. Investigation of this subject will convince any unprejudiced mind, that they, and not the extremists, are the true friends of the insane. Undoubtedly much remains to be accomplished. The field of labor is large and the workmen few. But in the future, as in the past, intelligent experience should be the controlling influence.

At the date of the last annual report the work of remodeling the old stone carpenter's shop into a cottage for the most excitable and noisy female patients had progressed sufficiently to warrant a brief description of the building. This annex, as it has been called, was opened on the 26th day of March, since which time twenty-four patients have been well cared for, each one having a single room at night, and three attendants in charge. Transfers are made as necessary, and it has served a good purpose, although causing additional care and anxiety to the officers.

During January last the amusement hall in the fourth story of the center building was completed. The body of the hall will seat 400 persons. The stage is large and well furnished with simple scenery designed to represent rooms, landscapes, and streets. During the winter season no less than fifty-three evenings were pleasantly passed in dancing, witnessing plays, or listening to readings, concerts, and lectures.

The following table shows the nature and variety of the entertainments:

One Lecture on Heredity — Dr. Comings, New Britain.

One Lecture on English Literature — Green Kendrick, Esq., Waterbury.

One Lecture on Travels in England — Rev. John S. Bayne, Portland.

One Lecture on Man in his Relations to Modern Inventions — Rev. Mr. Tabor, Middletown.

One Lecture on Africa — Rev. C. L. Loomis, Middletown.

One Lecture on The Adirondacks — Rev. C. L. Loomis, Middletown.

One Lecture on Vesuvius — Prof. William North Rice, Middletown.

One Select Reading — Prof. Hibbard, New Britain.

Thirteen Assemblies — Music and Dancing.

Fourteen Stereopticon Exhibitions — Drs. Shew, Olmstead, and Fisher.

One Concert — Faust Musical Society, Middletown.

Two Concerts — Home talent, assisted by Misses Mathewson, Derby, and Camp, and Mr. Camp.

One evening, Minstrels — Hospital Troupe.

One evening, Minstrels — Young Gentlemen's Club, Middletown.

One Concert and Farce — Wesleyan University Students.

One evening, Mrs. Jarley's Wax Works and a Farce — Home talent.

One evening, Prestidigitation — Mr. E. A. Parsons, Middletown.

One evening, Comedy, Our Boys — Mr. Elmer and Friends, Middletown.

Five evenings, Dramatic Entertainments — Home talent.

One evening. Comedy — Portland Dramatic Association.

Three evenings, Drama — T. A. B. Society, Middletown.

I am under deep obligations to the officers and employes, who have cheerfully devoted their personal efforts to this object; and especially to the gentlemen and ladies of Middletown who have again and again cheerfully responded to our call for musical assistance, dramatic entertainments, and lectures.

During the summer months the hospital band, under Col. Thayer's direction, played at least two hours daily, while the feeble and most excitable patients — in fact, all who were not at work — were exercising or resting under the large rustic arbor. On two evenings each week the band has given outdoor concerts in front of the north wings.

The exercises in marching and other military evolutions have been continued. Considerable worthy emulation was created by Dr. Olmstead's promise of a handsome banner to the company (each ward forming a company) that should obtain the greatest proficiency in marching, the award to be made by some impartial military judge. It is worthy of

record that the banner was fairly won by the company from our ward of most excitable patients, under the care of attendants Jaquith and Fowler.

One of the most important improvements made since your last report is that of a new reservoir. It is situated on Butler's Creek, 2,000 feet above the present reservoir. The dam is 210 feet long, 17 feet high in the center, with an outer slope of one and one-half feet horizontal to one foot vertical, and with an inner slope of two feet horizontal to one foot vertical. The inner slope is carefully covered with rip-rap.

The 12-inch iron waste-pipe and 6-inch iron supply-pipe are supported on a foundation of stone masonry laid in cement. The gates are placed in a strong brick house below the toe wall of the dam. This work has furnished employment to many of our quiet chronic patients during the pleasant summer weather. By this means we secure a large supply of reserve water, to be used in case of severe drouth. The reservoir covers about three acres, with a capacity of 4,466,800 gallons.

I would respectfully recommend that an iron pipe be laid from this reservoir to connect with the pipe now leading to the hospital, thereby obtaining a head of 160 feet. As additional security against fire, I recommend that a water-main and hydrants be placed around and outside the hospital buildings. Every ward now contains a supply-pipe and 150 feet of hose always attached and in place. But there are no outside appliances.

In the way of general repairs and improvements, I would mention additions to the farm barn, building 1,200 feet of high picket fence, a house for the engineer, re-slating the center roof, laying concrete walks to the annex, grouting vegetable cellars, painting the walls throughout four wards, refitting closets, etc., etc. Continual oversight is needed to keep all of the rooms and passageways in good repair, in a large building occupied by irresponsible persons.

FARM.

Reference to the farmer's report shows that the year has been productive of good results for the labor expended. The yield of vegetables was large and of good quality, but the prevailing rot almost ruined the potato crop of 4,000 bushels.

FINANCIAL STATEMENT.

By referring to the treasurer's report and my financial statement herewith appended, it will be seen that the total revenue for the year was $111,985.96. The sum total of payments was $111,733.75. To get the actual cost of support per week for each patient we must deduct $13,258.30, which sum was paid for purposes not actually entering into the cost of support, as follows:

Refunded to patients when discharged,	$134.52
Paid for insurance of buildings,	652.25
Paid for land (new reservoir),	462.24
Paid for burial expenses,	124.10
Paid for construction, new buildings,	11,885.19
	$13,258.30

Making this deduction I find that the average weekly cost of support of each patient was $3.80, and this includes board, medical treatment, salaries, clothing, and repairing, in fact, everything. The abstract on page 45 gives a classified list of all expenditures. Thus it will be seen that, notwithstanding the extensive permanent improvements made this year, and an increased daily average of twenty-four (24) patients, the expenses have been only $457.06 more than the preceding year.

ACKNOWLEDGMENTS.

Mr. T. S. Gold, secretary of State Board of Agriculture, kindly furnished valuable reports from other States. A box of books and pamphlets for the hospital library was received from Mrs. E. B. Monroe of Southport. Messrs. Sumner & Hazen of Middletown also presented five volumes. One pair

of cymbals for the hospital band came from Mr. Pickering of Portland, and four barrels of apples from Mr. E. Buckman of North Woodstock. Mr. Borgelt of Middletown tastefully decorated with frescoes the proscenium of the new amusement hall.

The officers and employes of the hospital subscribed $100 toward the amount required to purchase a Steinway piano for the new hall. The following named persons also contributed to the fund: Benj. Douglas, Henry G. Hubbard, Dr. J. W. Alsop, Mrs. S. D. Hubbard, J. H. Bunce, C. M. Newton, Geo. H. Hulburt, J. N. Camp, O. Vincent Coffin, W. W. Wilcox, Hon. James E. English, Mrs. F. A. Russell, Mrs. E. N. Colt, Mrs. Wolcott Huntington, Seth H. Butler, H. E. Weeks, E. F. Sheldon, E. B. Smith, Geo. F. Prior, H. S. White, H. J. Johnson, Edward Payne, T. E. F. Randolph, A. B. Gillett, S. Stearns, Jr., Messrs. Pelton & King, Coles & Atkins, Southmayd & Gardiner, I. L. Coe & Son, Clark & Tryon, Talcott & Post, Smith, Northam & Robinson, E. Loveland, and B. A. Simmons. Grateful acknowledgments are due to each and all for their kind remembrance.

Newspapers were gratuitously received as follows:

The Courant, Daily,	Hartford
The Post, Daily,	Hartford
The Register, Daily,	New Haven
The Winsted Herald, Weekly,	Winsted
The Palladium, Weekly,	New Haven
The Times, Weekly,	Hartford
The Bridgeport Standard Weekly,	Bridgeport
The Tolland County Journal, Weekly,	Rockville
The Sheltering Arms, Monthly,	New York
The Connecticut Western News, Weekly,	Salisbury
The Constitution, Weekly,	Middletown
The Sentinel and Witness, Weekly,	Middletown
The Religious Herald, Weekly,	Hartford
The Weekly Witness, Weekly,	New York

Where success in management depends largely on the intelligence and fidelity of associate officers having the immediate oversight, it is gratifying to report that the various responsible positions are still occupied by the officers

who have efficiently performed these duties in the past. Only one change has occurred. Miss Holmes tendered her resignation August 1st. Mrs. Weatherbee was appointed assistant matron or housekeeper to fill the vacancy.

In conclusion, I desire to express my deep obligation to all who are associated with me in hospital work, to the members of your board, who by intelligent co-operation and personal kindness, have greatly assisted in sharing the burdens of another year, and to a kind heavenly Father, who has blessed our labors in the past.

Reverently invoking His aid and blessing in the future,

I have the honor to be

Very respectfully yours,

A. M. SHEW,

Superintendent.

December 1, 1879.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane have the honor to present herewith their fifteenth annual report, with the reports of the superintendent and treasurer, etc.

Your attention is respectfully invited to that part of the superintendent's report which alludes to the new buildings and additions in connection with the existing annex hospital, as well as to the alterations and improvements which are rendered needful by the extension of the annex hospital and consequent increase of the number of the patients. You will observe that changes are necessitated for the supply of food from increased population, as well as for laundry and workshop accommodations, and for adequate protection from fire.

You are therefore asked for an appropriation of $10,000, our first application for several years, *viz.:*

$3,000 for protection from fire (outside of buildings).

$3,000 for purchases of additional cows, and erection of a barn for them.

$2,000 for needed workshops.

$2,000 for additional laundry apparatus.

As detailed in superintendent's paper.

The total number of patients who have been treated during the year has been 654. Number remaining 30th Nov., 1880,

528, of which were 251 men and 277 women. Total of deaths for the year, 30.

General health has prevailed, and the deaths have occurred from maladies usual to the hospital, in which it is ever the same painful story of diseases of that delicate and easily deranged part of the human system — the brain — diseases proceeding from the many varying conditions of men's lives; neglect of ordinary sanitary laws of living; indulgence of passions; overwork. The well-known disappointments and harrassments of commercial, professional, religious, and domestic conditions are all constant factors in producing insanity, even when hereditary predisposition is not taken into account.

There come to your hospital, from time to time, very sad instances of mental decay which are a lesson to us who have to know about them. Melancholy, indeed, is it to see a decline from professional activity and prosperity; from some eminent position in the scientific world as a respected teacher; a fall, with loss of intellect, which brings a poor, imbecile old man the inmate of your walls, without whose protection he would soon pass in helpless misery to a miserable death, while, by your bounty, his declining days are succored in cleanliness and with provident care.

Temporary accommodations have been recently made in separate buildings for 20 women and for 30 men. Those most unlikely to give trouble have been moved to these buildings, making room in the hospital proper for new cases immediately needing medical care.

In addition to these there are applications for admission of 80, 60 of which number are for men.

We wait with deep interest the delivery to your board of the new hospital now in course of construction, under the care of the State committee appointed by the Governor.

The terms of service as trustees of the members from Hartford and Tolland counties expire at this time. Their reappointment is respectfully asked.

Respectfully submitted,

CHARLES B. ANDREWS,	*Litchfield.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
RICHARD S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
EZRA P. BENNETT, M.D.,	*Danbury.*
JOSEPH W. ALSOP, M.D.,	*Middletown.*
E. B. NYE, M.D.,	*Middletown.*
BENJAMIN DOUGLAS,	*Middletown.*

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN —

This fifteenth report covers the fiscal year commencing December 1, 1879, and closing November 30, 1880.

The period has been one of quiet, active labor, free from exciting incidents, pestilence, or unusual sickness. When measured by the number of changes in the population, and the character of cases presented for treatment, it shows progress in legitimate hospital work.

There were, at the commencement of the year, five hundred and ten patients. Applications were made for the admission of three hundred and seven. Only one hundred and forty-four of these could be admitted for want of room. The number received would have been much less than reported but for our practice of returning to friends or placing out all who could be so disposed of without disadvantage to themselves. This custom reduces the list of those reported recovered, and swells the list of those reported improved. Candor compels us to tabulate as simply improved many persons who would be reported as fully restored to health if they could have remained a short time longer. Such instances come to my notice where the subsequent history shows firm mental health.

The following table exhibits, in condensed form, the movements of the population:

	Males.	Females.	Total.
Number at the beginning of the year,	246	264	510
Admitted in the year, . .	73	71	144
Total present in the year, . .	319	335	654
Discharged — recovered, . .	11	19	30
improved, . .	15	14	29
stationary, . .	26	11	37
died, . . .	16	14	30
Remaining at the end of the year, .	251	277	528
Average present during the year, .	250 68	263 95	514.63

Six hundred and fifty persons received treatment during the year. The number of admissions — one hundred and forty-four — represents so many different individuals. No person is admitted or discharged more than once during the official year. Thirty persons were discharged fully restored to health. Twenty-five of these were recoveries from a first attack, four from a second, and one from a fifth. It is reasonable to expect that some of the thirty may again require hospital care.

Nearly all of the twenty-nine reported *improved*, when discharged, were hopeful cases, with such evidences of mental stability as to warrant their being sent home "on trial," to make room for more urgent cases. Occasionally one of these is returned, but generally the trial results in their remaining at home.

Three male patients were discharged as not insane. One of these came from Wethersfield prison; another was sent to the hospital by the Hartford police court, and the third was simply an inebriate, who remained until the alcohol had evaporated.

Thirty-four quiet chronic cases were removed by town officials to make room for more urgent ones. The custom is justifiable by reason of the claim which recent cases have to early treatment. But it is none the less depressing to witness the return of demented and often helpless invalids to the ordinary almshouse. It will be a source of gratification to be able to retain all such cases as soon as the new build-

ings are completed. The usefulness of a hospital is shown as much in taking proper care of the chronic and often helpless lunatics, as in the cure of the few acute cases which find entrance. The record is, perhaps, less brilliant, but none the less important, in the estimation of Christian philanthropists.

I have already referred to the prevalence of general good health. The number of deaths was thirty, or 5.82 per cent., of the total number under treatment. Only once — the year immediately preceding this, which was exceptionally low — have I been able to report so small a death rate. Ten of the thirty were more than sixty years old, and five had passed beyond the allotted period of life. One female, aged sixty, was brought to the hospital in a dying condition, too feeble to raise her head from the pillow, and the left lower limb covered with gangrenous sloughs. Death came as a blessed relief on the third day.

Another, aged forty, was kept alive three days by the liberal use of stimulants. Why the authorities should have taken the responsibility of moving either of these patients, in their extremely exhausted condition, is beyond my comprehension. Death was caused by apoplexy in three; by epileptic convulsions in three; by pulmonary consumption in three; by Bright's disease of the kidneys in two; by cardiac thrombosis in one; by aneurism of the internal carotid artery in one; by cerebral softening in one; by general paralysis in one; by senile decay in three; and by acute mania in one. The average age of all who died was 48.46 years. Deaths occurred in months as follows:

In December 4, in January 2, in February 2, in March 0, in April 0, in May 3, in June 4, in July 3, in August 5, in September 2, in October 2, and in November 3. The following table shows the number of deaths each year, the percentage of the whole number, and of the average number present:

Deaths and their Ratios, from May 1, 1868, to Nov. 30, 1880.

Official Year.	Whole number of patients.	Daily average number of patients.	Deaths.			Per cent. on whole number of patients.	Per cent. on daily average number of patients.
			Men.	Women.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225.17	18	3	21	6.12	9 32
1870–71,	307	237.	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4.55	6 18
1872–73,	336	264 53	12	9	21	6.25	7.86
1873–74,	524	239.51	18	17	35	6.67	10.30
1874–75,	605	425 80	21	15	36	5.95	8.45
1875–76,	616	452.64	26	7	33	5.35	7.31
1876, 8 mos., Dec. 1, '76,	548	456.97	9	6	15	2.73	3.28
Nov. 30, '77,	619	463.88	19	12	31	5 01	6.69
1877–78,	629	474.17	27	13	40	6.36	8 43
1878–79,	644	498.34	9	10	19	2 95	3.81
1879–80,	654	514.63	16	14	30	4.58	5.82

The average number of patients present during the year was a fraction less than five hundred and fifteen — seventeen more than during the next preceding year.

Your attention is called to tables IX and X, which show by whose order patients are admitted. One hundred and twenty-three were sent by order of judges of probate courts; eight by judges of the superior court; four by judges of the police courts; eight by order of His Excellency Governor Andrews, and one by bonds furnished by friends.

Table X shows how they were supported, *viz.*: eighty-eight by the State and towns (paupers); forty by the State and friends (indigents); fifteen by the State alone, and one by friends. At this date five hundred and twenty-six of the five hundred and twenty-eight patients are chargeable to the State and towns. Only two are supported entirely by friends. It thus appears that the institution is providing for the charitable patients, while those who have means must seek accommodations elsewhere. While a State hospital should always give preference to the poor, strict enforcement of the rule excluding all paying patients does injustice to many worthy persons of limited means who would rather make great personal sacrifices and pay the entire expense — four dollars per

week — than to apply for assistance to the town or State. I trust that when the new buildings are opened all distinctions as to *class* may be removed.

It has been said that statistics are not reliable as a basis from which to deduce general truths. This may be true respecting some forms of deductions, but it does not hold true respecting all.

For instance, table IV in the appendix gives the age at which 1,914 patients became insane. A study of this table proves that insanity is, pre-eminently, a disease of middle life.

Thirteen hundred and thirteen, about three-fourths of the whole number, became insane between twenty and fifty years of age. It is during the period of greatest domestic activity and business enterprise, when the intellectual faculties and the emotions are most powerfully and continuously excited, that the human mind becomes deranged. Now, if death or recovery followed speedily, as in other diseases, the State would not be called upon to provide for insane persons. But, unfortunately, insanity is a disease which tends to chronicity. In other words, after the acute stage has been passed, insanity tends to prolong life, and its subjects not only cease to be producers but become consumers during a long period of time. You observe in table XXVI that nearly one-half of the 528 patients remaining at the end of the year were over fifty years of age. Many of these have been inmates of the institution since its opening, thirteen years ago, and they show fewer evidences of the flight of time and the approach of age than do those who have had the laborious care of them.

A careful study of this aspect of insanity has led to the conclusion that the prevalent notion respecting the rapid increase of mental diseases is at least questionable. Two facts should be remembered when considering this subject: Population is rapidly increasing, and the care and treatment of insane persons is so much more humane than formerly, that their life is measurably prolonged. Society, by its benevo-

lent care, is providing for this accumulation. It can be shown by actual records that the proportion of new or recent cases occurring in this State during the past year bears about the same relation to the total population as did the number of new cases to the population twenty years ago. The apparent increase is developed by the generosity of the State in providing for five hundred of its wards, who were then scattered about the State in numerous almshouses. There has been a steadily increasing tendency on the part of public officials and the friends of the insane to place them under hospital treatment. Of the numerous cases classed under the heads of chronic melancholia, epilepsy, histero-epilepsy, and imbecility, now sent to hospitals, not one in ten was thus provided for twenty years ago. All of these facts should be remembered when considering the question of apparent increase.

How to properly provide for this large dependent class is a question of greatest moment. Differences of opinion exist among experienced alienists. Many still maintain that expensive hospitals should be erected to accommodate all, irrespective of class or condition. Without attempting to discuss this question at length, I would suggest that extreme views are generally untenable, and that a solution of the problem may be found in following a medium course.

Such a plan is being pursued in New York state, at Ovid. The success of the experiment at the Willard asylum, of erecting plain but substantial supplemental buildings on the grounds near to the main asylum, led the commissioners in this State to recommend a similar plan, which is now being carried out. At a short distance from the central hospital there is being erected a group of brick buildings in which provision will be made for 262 of the more quiet chronic patients, who require little medical attention. In general, the plan contemplates receiving and treating all acute and all turbulent cases in the hospital proper; from time to time the quiet chronic patients will be transferred to the new buildings, where good custodial care can be maintained at less

expense. The plan has worked so well at Willard, that it seems to be the best solution yet proposed of this most troublesome problem.

To facilitate the early reception of some of those patients who were waiting, we have recently remodeled and furnished a farm house, situated one-half mile to the rear of the hospital, which affords good accommodations for twenty quiet female patients. This makes the third "cottage" in use. Two have served a good purpose during the past ten years. All of these are plain farm houses, heated by stoves, and lighted by ordinary lamps. The doors are *unlocked*, and windows *unguarded*, except by the ordinary green blinds, which were on the houses when used by *sane* families.

I mention this merely as a matter of record, in view of the fact that so much is being said about the "uselessness of bars and bolts." We have for ten years treated insane patients in two "open" cottages. To reason from this that all patients could be thus cared for would be illogical. It should be remembered that these patients are selected from five hundred, on account of their quiet, harmless condition.

If all deranged persons were of this class, *and had homes*, the State would not be called upon to provide for them. Unfortunately, a majority of insane persons are more or less turbulent and unmanageable at home; hence they require the restriction of liberty which a hospital affords. Their own welfare demands it no less than the claims of society. The wise provision which is here made for their security permits a much larger amount of personal liberty than could possibly be allowed at home.

In this connection I may be pardoned for repeating a fact, which has been referred to in former reports, that mechanical restraint is used at this institution only by direction of the physician, to prevent serious accidents.

A record of the name, cause, and duration is carefully kept. This record shows that less than one per cent. are in any way restrained or secluded. Periods of several weeks pass without the necessity for using any restraining appar-

atus, and then, perhaps, we will have a half dozen patients all at one time who require it.

Under authority of the finance committee, I have taken the Silver Mine farm for a period of five years, at $100 per year, and am now furnishing the large boarding-house to receive thirty quiet males. This, with the farm-house and the two cottages, will make four "cottages," in which we can treat seventy-eight quiet patients. The land at the Silver Mine farm is valuable only as additional pasturage.

Since your last annual meeting, the annex has been devoted to the object for which it was prepared: namely, to provide for the insane convicts and the criminal insane. It has twenty-four single rooms, two day rooms, a dining-room, three bath-rooms, closets, and the necessary store-rooms. It is situated 250 feet to the rear of the main hospital; is heated by steam and lighted by gas. Three attendants are always in charge. Since last March eleven male convicts have been transferred from the Wethersfield prison. Nearly all of these have been kept at work about the grounds during the summer months. Two, whose terms of sentence had expired, have recovered, and another one has been returned to the prison as "not insane."

In my last annual report I mentioned the completion of an additional reservoir, covering two and one-half acres. The severe drought of the past summer and the use of a large amount of water in the erection of the new hospital has tested the supply and shown the wisdom of having an additional reservoir. Without it we should have exhausted the main reservoir. With it we were able to use water everywhere freely and continuously.

While on this subject, permit me to again direct your attention to the importance of having greater facilities for extinguishing fire by means of outdoor hydrants. Your building is well planned and protected so far as the internal arrangements are concerned; brick walls extend from foundation to roof, in the corridors, halls, stairways, and rooms; all ventilating flues are carried in brick out of the roof

as separate chimneys; floors are everywhere deafened by two inches of mortar; iron doors separate the wards; one hundred and fifty feet of water hose is ready for use in every ward, and nearly two hundred pails of water stand ready on all landings and space-ways; several fire extinguishers are placed at convenient points about the building. But the recent terrible catastrophe at the Minnesota Hospital for the Insane, in which many lives were lost, shows the importance of having ample provision made for outside protection.

A line of six-inch water-pipe should extend around the hospital, with at least twenty-four hydrants placed at equidistant points.

As the water supply is abundant, it would only be necessary to connect the new reservoir with the main water-pipe at the old, to give at all times one hundred and fifty feet head. This pressure would throw several streams of water over the highest point of the center building. The estimated expense for pipe, hydrants, and hose is $2,150.

You have wisely maintained insurance on the hospital buildings to the amount of about $200,000. This involves an annual expense of $500, which has thus far been paid out of current receipts. As the institution receives no income other than that derived from the board of patients, should so large an amount be diverted for insurance? Should not the subject be brought to the attention of the General Assembly, and have it definitely decided whether the State will insure its own buildings or continue the present system?

Improvements.— When it was decided to locate the new hospital on the grounds south of the present buildings, it became necessary to remove the fruit trees and shrubbery to a new garden spot. This work, involving some expense, was done mainly by the labor of convalescent and quiet chronic patients.

Early in the season a new arbor was erected on the lawn near the north highway, for the accommodation of the female patients. It is built of cedar, one hundred and twenty feet in length, twenty-four feet in width, separated into nine sec-

tions, with seats for one hundred and fifty persons. At the west end is an elevated band-stand, and near at hand four large self-acting wooden swings. Here many of our patients have passed the summer evenings pleasantly, while listening to the hospital band.

Improvements in grading, laying of walks, and road-building have continued. A large permanent horse-barn was erected. It will thus be seen that the plan heretofore pursued of maintaining the hospital in a healthy state of repair, together with needed improvements, has been continued during the past year.

In view of the increase of numbers by at least two hundred and fifty patients in the new hospital, it will become necessary to add twenty five cows to the live stock and to erect another farm-barn for their protection. This will necessitate an appropriation of $3,000.

Year by year we are able to employ more inmates on the farm and about the domestic labors of the house. The daily ward reports show that sixty per cent. of all are employed during the summer, and forty-five per cent. during the winter. The farmer's report, herewith presented, shows a steady increase of annual products as one of the results, and the quietness of the wards and general good health of the patients another and more important outgrowth of employment. The erection of a few large, plain shops would enable us to continue through the winter the employment of many who are now idle. For this purpose an appropriation of $2,000 could be profitably invested.

During the autumn months, under your instruction, I have had erected a new laundry building of sufficient dimensions to provide for the largely increased laundry work. It will be necessary to purchase four new washing-machines, pulleys, belts, shafting, and fixtures, at an expense of $2,000. When these are in place, work can go on in the new laundry while the old apparatus is being moved. The extent and importance of this branch of work is understood when it is remembered that the average number of garments passing

through the laundry weekly is now 10,000, and will increase to 15,000 when the new hospital is in full operation. Valuable assistance is rendered by thirty patients in washing, ironing, and handling.

Following the custom of former years, we have continued and extended the methods employed to entertain our patients. During the summer the hospital brass band played every pleasant morning at the south arbor, while such of the male patients as were judged incompetent, by reason of disease, age, or circumstances, to labor, were being exercised in military evolutions, or were quietly enjoying themselves in the shade of the arbor. Thus it would often happen that the wards were deserted, not a male patient remaining in the building for hours in succession. When you remember that those who labored were often at work one mile distant from the house, and the others about the grounds with open gates, it may seem strange that only one patient eloped. There were occasional attempts; but these attempts were less frequent than in former years when we made use of the inclosed airing-courts. When the weather permitted, on every Tuesday and Friday evenings, the band has given an outdoor concert at the ladies' arbor. Other entertainments were provided in the amusement hall and in the chapel during the winter season, as follows:

Sociable, with music and dancing,	13	evenings
Masquerade Party,	1	"
Lectures with Stereopticon,	12	"
Variety Entertainment,— Hospital Troupe,	1	"
Comedy and Farces,— Hospital Troupe,	2	"
Minstrels,— Hospital Troupe,	1	"
Old Folks' Concert,	1	"
Dickens Party,	1	"
Legerdemain,— E. A. Parsons,	1	"
Lectures,— Trip to Lake Superior. Prof. W. O. Atwater,	1	"
" London. Prof. Winchester,	1	"
" California. D. W. C. Skilton,	1	"
" St. Patrick. Rev. Dr. Coit,	1	"
" England. Rev. J. S Bayne,	1	"
" Egypt. Rev. C. A. Buck,	1	"

Minstrels,— Hartford Retreat Troupe,	1	evenings
Readings,— D. G. Lawson,	3	"
" Miss Georgia Cayvan,	1	"
" Miss Annie C. Walter,	1	"
Legerdemain,— Prof. Pray,	1	"
Concert,— Misses Spencer and Wilcox, Mr. Pearne and Mr. Hatch,	1	"
Band Concerts,	32	"

On Saturday, August 21st, 300 patients, officers, and attendants enjoyed an excursion to the seashore. The trip down the river was made in a large barge, fitted for the occasion with awning over the entire deck and seats to accommodate all. A steam tug furnished the motive power. A pleasant sail of three hours to Fenwick grove, at Saybrook, gave us all good appetites for the "seashore" dinner which had been provided. Another hour was spent in dancing and swinging before embarking for home. The return trip up the river by moonlight was greatly enjoyed, notwithstanding the warm showers which occasionally passed over the river. The hospital band furnished music for the entire day.

Nothing occurred to mar the pleasures of the occasion. At 11 o'clock all were quietly sleeping in their little beds, and for the third time an excursion unique in character, heretofore considered impracticable, had terminated without cause for alarm and with only recollections of a most enjoyable summer's day. Other excursions of walking parties were made to the neighboring hills, and at all times a number of patients have had unlimited parole to go to the city and about the country.

FINANCIAL STATEMENT.

For the information of the public it is proper that I should make a brief statement respecting the manner in which the hospital is supported. Many persons suppose that we can draw from the treasury because the hospital is owned and controlled by the State. This erroneous impression causes us embarrassment in the collection of bills. It should be understood that the hospital has no other income than that

derived from the board of patients. It has not in its thirteen years' existence received an appropriation for running expenses, repairs, or improvements. But at the present price of board ($4 per week) and cost of provisions it is only possible to keep our patients well and make the necessary repairs. Needed improvements heretofore mentioned must be provided for by an appropriation. The total revenue during the past year was $114,438.94. The total expenditures were $114,155.75. This includes $4,789.96 for the construction of new buildings. The abstract on pages 40–41 gives a classified list of all expenditures.

To recapitulate, we need an appropriation of $10,000, as follows:

For protection from fire,	$3,000
Twenty-five cows and farm barn,	3,000
Workshops,	2,000
Laundry apparatus,	2,000
Total,	$10,000

ACKNOWLEDGMENTS.

As in former years, many friends have shown an interest in our work by donating books, magazines, and papers and by assistance in our entertainments. Among these were the choir and young people of the South Congregational church of Middletown in an "Old Folk's Concert" and a "Dickens Party"; Prof. W. O. Atwater in a lecture; Prof. Winchester in a lecture; the officers and attendants of the Hartford Retreat in a vocal and instrumental concert; D. W. C. Skilton in a lecture; Dr. Coit, Rev. J. S. Bayne, and Rev. C. H. Buck in lectures; the Misses Spencer and Wilcox and Messrs. Pearne and Hatch in a concert; Dr. Alsop in a canon of historical interest. twelve volumes *Littell's Living Age* and other magazines; Mrs. E. B. Monroe in several packages of books and magazines; Mrs. Ward in a carriage; A. R. Parshley in a dozen Brahma hens' eggs; Senator Platt in one volume "Medical and Surgical History of the War"; L. R. Hazen in papers, magazines, etc.; Miss C. Waite in a

Worcester's Dictionary; Charles Scribner's Sons in half discount on Encyclopædia Britannica; Herbert W. Ward in a night-blooming cactus; Capt. C. F. Buell in a collection of shells; S. C. Hastings subscription to *Good Literature*; and to the publishers of the State papers for gratuitous copies.

PERSONAL CHANGES.

In May last Mr. Frank B. Weeks resigned the position of clerk, which he had faithfully and creditably filled for a period of eight years, to engage in private business.

A simple record of his labors shows an amount of work performed and an exactness and perfectness of details in the record books that reflects great credit and shows rare qualifications for the office.

The strictly professional administration remains the same as during the past three years. All of the officers deserve honorable mention and recognition in their several positions for their fidelity and efficiency.

In conclusion, accept an expression of my gratitude for your wise counsels and valuable aid in the management of the public charity intrusted to our common care.

Respectfully submitted,

A. MARVIN SHEW, M.D.,
Superintendent.

MIDDLETOWN, CONN., December 1, 1880.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The Board of Trustees of the Connecticut Hospital for Insane present to the legislature their sixteenth annual report.

On no previous occasion of doing so, has there been a feeling of deeper and more grateful satisfaction than at this time. There has been no epidemic, the deaths have been under average, and for the most part have been of the aged and chronic patients. It is known to your honorable body that in July last, the additional hospital buildings, south of what may now be called the "old hospital," were completed and delivered by the construction commission of the legislature into the hands of this board, and that the occasion was availed of to suitably celebrate the 15th anniversary of this institution.

Sad as it may be in one view of the case, that there existed in the State insane persons scattered here and there, waiting for the shelter of these additional public buildings, it must, in another view, be a source of sincere gratification to the people of the State, that through their representatives in the General Assembly, good and permanent provision has been liberally made for the waiting insane by well constructed accommodations suited to their needs.

The equipments of your hospital are now in a nearly complete condition. The experience of fifteen years has not been an unproductive one. The laundry, kitchen, bakery, and heating arrangements are admitted by experts to be most convenient and excellent. When one realizes that daily over 900 people must have regular meals and that the "weekly wash" is of ten to fifteen thousand pieces, it will be appreciated how needful are good, convenient, and "time-saving" appliances for so much real work.

The high commendations of the venerable Dr. Earle of Northampton hospital, in his remarks at the memorial gathering in July, will be remembered by all who heard him speak of Connecticut's advance in practical philanthropy, as shown in this institution.

No grave and expensive mistakes have been made, either in the construction or administration of this State hospital. What has been done reflects praise of your superintendent, Dr. Shew, who, since its inception in 1866, has been its efficient executive head.

To his report you are referred for details of the patient-population, of the expenditure of the legislative appropriation, and of the special care and labor required for the preparation of rooms for the occupation by 262 patients of the new buildings.

The long-continued, unusual drouth tried our water supply as never before, and we have taken steps towards securing a fuller supply in the future for our increased number of patients.

The officers of the institution have been faithful and active in their duties.

The treasurer's report is printed with these.

The marked rise of provisions has for the latter portion of the year materially increased the expenses of maintaining the large family under our care.

It is our duty to inform the legislature that the south wing of the new building reaches so very near the limits of the land owned by the State, that there is not space enough even for a drive-way between it and the fence of the adjoining land. The owner of this small adjoining tract has a good house on it with out-buildings, and has offered it to the State for $6,500.00, and has consented to keep the offer open for the action of the legislature. The land is good garden land, and could be made with the house very useful. Previous to the erection of the new building it was not thought absolutely necessary, although very desirable, that the State should own it. It is not likely ever to be acquired again at so

low a price. Members of other boards of the State have urged us to make formal application to your honorable body for the $6,500.00, for this important purchase. We respectfully ask the committee on humane institutions to visit at an early moment your hospital, and to give this matter the consideration it deserves.

The terms of office of the members from New London and Windham counties expire with this year. Their re-appointment is much to be desired, and is herewith requested.

We are grateful to God that His benign blessing has rested on this State work under our supervision.

Respectively submitted,

HOBART B. BIGELOW,	*New Haven.*
SAMUEL G. WILLARD,	*Colchester.*
RICHMOND M. BULLOCK,	*Putnam.*
R. S. FELLOWES,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
JAMES G. GREGORY,	*Norwalk.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
BENJAMIN DOUGLAS,	*Middletown.*
ELISHA B. NYE,	*Middletown.*
J. W. ALSOP,	*Middletown.*

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for Insane:

Gentlemen, — In compliance with custom and legal requirement, I herewith present a record of the most important events in the history of this hospital for the year ending November 30, 1881.

The special details relating to the admission and discharge of patients and of the expense of maintenance, are shown in the accompanying tables. Some notion of the labor, anxiety, and care incident to this period will be suggested by the facts that the admissions were about equal in number to the total in any previous two years, that the regularity and usual order was disturbed by the removal of 250 chronic patients to the new hospital and the admission of an equal number of new cases to the old; and that a larger proportion of these were acutely insane, with suicidal and destructive propensities, requiring constant and untiring vigilance. We have reason to be grateful to God for the general good health which has prevailed. A few mild cases of rubeola occurred in the month of April, showing that the atmospheric causes prevailed here as in the surrounding country. Whether considered in relation to the number of persons under treatment, to the result attained, or to the improved facilities afforded, this report covers the most important year in the history of this institution. There were at its commencement, 529 patients; 352 new cases were received, making a total of 881 under treatment during the year. The average number present was 608.51, but the number remaining at the end of the year is 731.* The following table exhibits in a condensed form the movement of the population:

* At the date of publication of this note, Jan. 1, 1882, there are 750 patients in the hospital.

	Males.	Females.	Total.
No. at beginning of year, - - -	251	278	529
Admitted in the year, - - - -	193	159	352
Total present in the year, - - -	444	437	881
Discharged — Recovered, - - -	33	20	53
Improved, - - -	16	4	20
Stationary, - - -	28	5	33
Died, - - - -	32	12	44
Remaining at end of year, - - -	335	396	731
Average per cent. during year, - -	293. 17	315. 39	608. 51

To prevent any misunderstanding of the tables, it should be remembered that the name of a patient is only entered on our records once in any one year. That is, every admission represents a person. For instance, 352 different persons were received during the year; 88 of these had been admitted and discharged in previous years, and 46 were transferred from other hospitals as shown by the following table:

ADMISSIONS.	Males.	Females.	Total.
Number of first admissions, - - -	121	97	218
Number of second admissions, - -	36	29	65
Number of third admissions, - - -	9	5	14
Number of fourth admissions, - -	5	2	7
Number of fifth admissions, - - -	2	—	2
Transferred from other hospitals, - -	20	26	46
Total, - - - - - - -	193	159	352

Referring to the accompanying tables, No. II is interesting as showing that 458 patients have been restored to health at this hospital, and that 389 others were discharged so much improved as to be able to assume cares and ordinary responsibilities. It also shows the steadily increasing average number under treatment each year from 85 in 1868 to 608 in 1881. Tables No. III and IV go to show that insanity is a disease of middle life, when the mind and body are most actively engaged in the struggle for an existence, or in the gratification of morbid propensities. Of 352 patients ad-

mitted in the year, 263 were between the ages of 20 and 60. Of 2,333 patients admitted since the hospital was established, 1,838 were included within the same period of life. Table V gives the nativity of 2,333 patients. Of this whole number, 1,495 were natives of America and 838 of foreign countries. Conclusions drawn from the relative civil condition as shown in table 8 are of no special value, but the fact is stated for what it is worth. 1,101 patients were single, 959 were married, and 216 were widowed. We are unable to determine the civil condition of 57 persons who were sent to the hospital without histories or friends. Table IX is of more value as showing how and by whom patients are committed to this institution. Of 2,333, one was admitted by order of the General Assembly; 50 by order of justice or police courts; 74 by judges of the superior courts; 1,975 by probate courts; 45 by governor's orders, and 188 by the legal guardians or relatives. The question, "How are patients supported?" is answered by table X. Of the whole number received, 188 were self-supporting; 704 were "indigents" (expenses paid by the State and friends); 1,328 were "paupers" (supported by State and towns); 113 by the State alone. Of these various classes there are at this date, 14 supported by friends, 198 supported by State and friends (indigents), 473 supported by State and towns (paupers), and 46 supported by the State alone. I have already stated that patients have been promptly admitted since the opening of the new hospital in July. As a result, a larger proportion of acute cases have been received; but a careful study of table XI shows the unfavorable character of about three-quarters of all admissions in the year. In other words, the disease was of such a form from the start, or had progressed so far before admission that all hope of cure had to be abandoned. Of the 352 admissions, 111 were of chronic mania; 20 of epileptic mania; 27 of chronic melancholia; 7 of general paresis; 27 of chronic dementia; 10 of senile dementia, and 66 of imbecility; making a total of 208 who will probably require public care during the remainder of life. This discouraging

fact is confirmed in table XIV, where it appears that in 218 of the 352 admissions, the disease had existed more than one year before admission. And again, in table XVI, it is shown that of the 458 recoveries since the hospital was opened, only 65 occurred in cases where the disease had existed one year before admission. If the relatives or public guardians of insane persons only realized the importance of early treatment away from home and the exciting causes, they would, I am sure, no longer neglect taking the necessary steps to insure early and efficient hospital treatment. The advantages of this policy are again made evident in tables XVII and XVIII. It is here shown that the duration of treatment (in hospital) of the 458 patients who have recovered was less than one year in 395 cases; and in 335 of this number the whole duration of the disease was less than one year. Additional proof, if needed, may be found in table XIX, which gives the special form of disease in those who recovered. 384 were cured where the disease was acute, and only 74 where it had become chronic. This table also shows the relative curability of special forms of insanity.

The student of sociology may deduce some suggestive facts from tables XX and XXVII, where the alleged exciting causes of insanity are tabulated. These deductions should be received with some reservation, as the assigned causes are often found by us to be only incidents or symptoms in the formative stage of the disease. I believe, however, that these tables truthfully show that "anxiety of mind," "ill-health," and "intemperance," are the factors most potential in producing mental disturbance.

Of the 44 deaths during the past twelve months, the average age was 51.15 years. The following table shows all of the deaths and their ratios since the hospital was opened in 1868.

DEATHS AND THEIR RATIOS, FROM MAY 1, 1868, TO NOV. 30, 1881.

Official Year.	Whole Number of Patients.	Daily Average No. of Patients.	DEATHS.			Per cent. on whole No. of Patients.	Per cent. on Daily Average No. of Patients.
			Men.	Women.	Total.		
1868–69	268	85.47	14	1	15	5.59	17.57
1869–70	343	225.17	18	3	21	6.12	9.32
1870–71	307	237.	11	10	21	6.71	8.86
1871–72	329	242.58	9	6	15	4.55	6.18
1872–73	336	264 53	12	9	21	6.25	7.86
1873–74	524	239.51	18	17	35	6.67	10.30
1874–75	605	425.80	21	15	36	5.95	8.45
1875–76	616	452.64	26	7	33	5.35	7.31
1876, 8 mos.	548	456.97	9	6	15	2 72	3.28
Dec. 1, 1876							
Nov. 30, '77	619	463.88	19	12	31	5.01	6.69
1877–78	629	474 17	27	13	40	6.36	8.43
1878–79	644	498.34	9	10	19	2.95	3 81
1879–80	654	514.63	16	14	30	4.58	5.82
1880–81	881	608.51	32	12	44	5.00	7.24

Tables XXI and XXII give all of the known facts respecting the fatal terminations of 376 cases and the ages at which death occurred. From these it appears that the disease has not noticeably shortened the period of life. Three had survived 90 years; fifteen had passed 80; forty-nine had exceeded three score years and ten; one hundred and twenty had passed beyond 60; and one hundred and eighty-five or about one-half the whole number died between the ages 50 and 91.

Referring again to table XXII, you observe that pulmonary consumption is the most active cause of death among the insane. Next to this, old age, general paresis, acute mania, apoplexy and epilepsy stand in regular order. These six potential agencies embrace a total which outnumbers all others combined. The death rate at the institution has always been below the average, when compared with similar institutions in this and other countries. I attribute this to the favorable location, to the complete system of sewerage

and ventilation and to an abundant supply of pure spring water. It is evident, however, that the ratio of deaths must gradually increase so long as the hospital provides for chronic cases during life. This fact is made evident by a study of table XXIV, where it appears that there are at this date ten patients between 80 and 90; twenty-six others between 70 and 80; sixty-eight others between 60 and 70; and one hundred and eighteen between 50 and 60 years of age; thus making a total of 222 chronic patients remaining in the institution between the ages of 50 and 90. It has already been shown, by our tables, that the average age at death among the insane is 50.51 years; with these plain facts before us, you will hardly be surprised by a perceptible increase of the death rate in the immediate future, and will be ready to attribute it to the natural and legitimate cause. It may be pardonable to allude to the case of a bright Christian lady who, at the age of 91, sits from day to day in her pleasant room busily engaged in making "holders," and able to readily thread her needle without the aid of glasses. Our faith in the longevity of the insane is perceptibly increased while we study the next table, No. XXV. Here it is shown that of the 731 patients remaining at the end of the year, 504 have been insane from three to fifty years, and at least eight of this number have survived mental derangement more than forty years. The good care which is insured to the insane, in our public institutions at the present day, has without doubt been an important factor in prolonging the lives of this dependent class. The preceding facts have doubtless prepared you to accept the discouraging statement made in table XXVI, where it appears that of 731 patients remaining at this date, only 45 are considered curable cases. This outlook would indeed be discouraging had you not already been taught "the insane are the wards of the State," and that a public institution is fulfilling its philanthropic mission as truly in protecting and providing a home for the chronic insane, as in restoring to health the few curable cases that find their way to the institution.

IMPROVEMENTS.

In response to your last annual report the General Assembly made an appropriation of ten thousand dollars ($10,000) for four special purposes. Only one-half of this appropriation has been drawn from the state treasury and used under your direction. During the month of May contracts were made with R. D. Wood & Co., of Philadelphia, to furnish 2,000 feet of heavy six-inch, cast-iron water pipe, which was laid around the hospital buildings and to connect the upper reservoir with the main supply pipe to the hospital. A contract was also made with Richard Pattee, of Holyoke, to furnish twelve double hydrants, which have been placed at equidistant points around the hospital. Our facilities for extinguishing fire would now seem to be as nearly perfect as human foresight could reasonably provide. We have two large reservoirs connected with the hospital by a six-inch cast-iron main. The upper reservoir is situated 164 feet above the first floor level of the hospital. With this head of water it is possible to throw two or more streams above any portion of the hospital roof. The entire expense was $3,075.40. This sum exceeds by $75.40 the State appropriation. The balance was paid from the regular revenue of the hospital.* In furnishing the new laundry building it was found expedient to introduce some fixtures and labor-saving appliances together with a drying-closet on a scale somewhat larger than the original plan contemplated. This has involved an expense of $4,462.61, while the appropriation from the State amounts to only $2,000. The balance has been taken from the regular revenue. These and other needed improvements occupied the time of the hospital working force to such a degree that we have found it inexpedient to attempt the construction of work-shops and additional barns. Hence, the balance of the State appropriation was not drawn from the treasury and still remains to our credit. As the need of

*Since the General Assembly made this appropriation *two* State Asylums and *one* County Building for insane have been destroyed by fire, with loss of life.

increased barn-room and of additional cows is quite imperative, as well as a work-shop, where many of our able-bodied male patients can be employed during the winter months. I trust that no time will be lost in carrying out these improvements whenever the season has advanced sufficiently to admit of outdoor work.

NEW HOSPITAL.

The most important event in this year's history was the formal acceptance by the trustees of the New South Hospital. This occurred on the fifteenth anniversary of the organization of the board of trustees, July 20, 1881. There were present on that occasion His Excellency, Governor Hobart B. Bigelow, and other state officers, together with many well-known workers in the great field of public charities from this and other States. It was an occasion of unusual interest, regarded by us as an auspicious opening of the new building. To you who are familiar with the general arrangements it is unnecessary to give any lengthy description of its plan; but for the information of those who may have friends committed to its charge, a brief account of the new building is appended.

It may be well to explain in advance that the intention was to provide accommodation for the quiet chronic class, at a moderate cost, in a building or buildings not complete in themselves, but as supplemental to the main hospital organization. In other words, the intention was to have living accommodations for 262 patients, with the necessary kitchen and heating apparatus, together with rooms for the employes. The usual work of providing supplies, distributing the same, and exercising official supervision over the new hospital, devolves upon the officers of the main hospital, the immediate direction of details being placed in the charge of an additional assistant physician and a competent housekeeper.

The new hospital consists of three separate buildings: a central structure and two pavilions separated from the center by an open space of eight feet. All of these are constructed of brick with brownstone window caps and sills, water tables

and foundation walls, surmounted by a steep slate roof, which is relieved by large dormer windows, gables, and a central tower. The style of architecture is simple, yet pleasing. Each pavilion may be described as a flattened or broad letter H, with a bay projection on the front face. The linear front of each pavilion is 151 feet, the depth of end projection 64 feet, and of the intermediate section 36 feet. The projecting bay is 27 feet in width by 38 feet in length. This bay, on all of the stories, is used as the common sitting room or day-room for each ward, and is well lighted by eight large windows. A corridor, 10 feet in width and 154 feet in length, extends through the entire pavilion. The accommodations for patients in each ward are as follows: there are four dormitories, each in size 24 by 24 feet at the four extreme corners of the projections. Each dormitory has ample space for eight beds. There are nine single rooms on the corridor; also a room for the attendants, a front and rear stairway, a bath-room and clothes-room, water-closet, drying-room, and broom-closets. The large day-room or bay, already described, opens in its full size from the corridor. As thus planned, with so many large windows opening into the dormitories, the sitting-rooms, and the ends of the corridor, the pavilion is light, cheerful, and well ventilated. It is three stories in height, with an attic which is used as a trunk room and for storage purposes. The rooms and corridors are heated by twenty stacks of "Gold" radiators placed in the basement of the corridors, with flues leading independently to the different stories. Pure air is supplied to each stack by flue-boxes leading directly out of doors. In addition to this indirect radiation there is placed in each dormitory, in the day-room, and the extremities of the corridors, a direct radiator which can be used in extremely cold weather. Ventilating flues, for the removal of vitiated air, extend from near the floor in every room up and out of the roof, each as a separate chimney flue. There are also two large, open fire-places in each of the day-rooms, and similar ventilating flues in each of the dormitories. This arrangement for the rapid

change of air has been found to work satisfactorily without the aid of a fan.

This general description of the north pavilion, which is occupied by males, applies to the three stories of the south, which is occupied by females. Owing to a slope in the land at the extreme south end of the pavilion, a cellar was constructed under the basement story, and the latter floor level, which is three feet above ground, was made into a strong ward, with nine single rooms and the necessary closets, bath and day-rooms for the accommodation of a class of destructive female patients. Each of the ward bath-rooms contains a "Mott" improved cast-iron hospital bath-tub, hot and cold water supply, with the "McFarland" patent waste and overflow. A steam, fire-proof drying closet opens from each bath-room, in which towels, mops, brooms, or soiled bedding can be properly dried. Each water-closet is furnished with two cast-iron stationary hoppers, which are flushed automatically, at regular intervals, with a gallon of water from a "McFarland Automatic Flushing Tank," placed high up on the wall, immediately above the hopper. These cisterns can be adjusted to discharge as frequently as desired. They consist of an iron bucket hung in a cistern working in brass journals. The filling of this tilting bucket is adjusted by a valve inside of the cistern, and when full tips over, emptying the entire contents at once, thereby charging the pipes and giving a thorough wash to the closets and urinals. It has been our custom to so arrange them that the discharge will occur every two minutes. This quantity of water, precipitated into the hopper through a large pipe is found to be much more effectual in removing waste than a running stream.

A conveniently large slop hopper and urinal with the same automatic supply has been placed in each of the closets. Two galvanized iron wash basins, on permanent frames, furnish the necessary facilities for personal cleanliness. All of the waste pipes from bath-tubs and wash-sinks are effectually closed by a "Bowers" trap. In further explanation of the system of sewerage I would mention that all of the main

soil pipes are of heavy cast-iron, six inches in diameter, extending from the main sewer outside of the buildings up through the closets and out above the roof, thus affording a continuous and complete circulation of air through the main sewer and soil pipes. From this description it will be seen that all of the soil pipes are of heavy cast-iron with leaded joints, thus effectually preventing any escape into the building of foul air. The center building is 104 feet in length by 36 feet in width, three stories in height, surmounted by a slate roof. A one-story projection in the rear of the center contains the kitchen, scullery, and store-room. A clock tower 17 feet square is carried up in front and above the main building. The first story of the center is divided into two large dining-rooms with a covered passage-way leading from each to the corresponding pavilion. Each dining-room is furnished with tables and seats for 130 persons. The dish-closets and wash-sinks are in the rear, between the dining-rooms and the kitchen. The kitchen proper is 40 feet in length by 20 feet in width. It is furnished with a range 16 feet in length, a steak broiler and a meat roaster; also two large soup kettles, four vegetable kettles, an improved coffee kettle and a similar tea kettle, all supplied with steam pipes and hot and cold water. Heavy iron wash-sinks stand in convenient places, both in the kitchen and scullery. This apparatus was manufactured by Mr. E. Whitely of Boston, and has thus far worked to our entire satisfaction. There are two windows and one door on the north and the same on the south side of this kitchen, and a large skylight opens from above, and two doors open into the scullery in the rear; thus, at all times, affording perfect ventilation and an abundance of light in this most important department. Two store-rooms for supplies, each 12 by 14 feet, adjoin the scullery at the rear. A connecting passage-way, 9 feet in length, separates this building from the boiler-house, which is 27 feet wide by 40 feet in length, one story in height. In this are placed two tubular boilers, 16 feet in length by 5 feet in diameter. Each boiler contains 58 flues. In these is gene-

rated the steam used for heating the entire building, the water for washing and bathing purposes, and to supply the kitchen apparatus. The boilers were manufactured by Peter Amerman of Hartford, and the entire heating apparatus supplied and put in place by the Walworth Mfg. Co. of Boston. A chimney stack with an inner flue of 2 feet 4 inches by 2 feet 4 inches is carried up 76 feet. A 12-inch opening is made from the main sewer into this chimney flue, through which there is a continuous current.

The second story of the center building is divided into rooms, for the assistant physician, the house-keeper and the farmer and his family. The third story is divided in four rooms for servants on the north side, and two large sewing-rooms on the south side. For convenience of going to and from the wards to the sewing-rooms, a small passageway has recently been completed.

This cursory description of the new hospital would be incomplete without reference being made to a comparatively new feature in its construction. All of the external walls consist of an 8-inch outer wall, a 4-inch air space, and an 8-inch inner wall. These two walls are bound together by galvanized-iron clamps. All of the partition walls between the halls, dormitories, and single rooms are of brick. For the purpose of economy it was decided to omit plastering wherever it could be done, and in carrying out this idea all of the passageways, bath-rooms, store-rooms, closets, dormitories, kitchen, and scullery are finished in four coats of oil paint, laid directly on the brick walls; and the long corridors in the pavilion, to a height of five feet, are finished in the same manner. By this arrangement it is believed that there was not only economy in the original construction, but that also the subsequent repairs will be less than where ordinary plaster is used in finishing. The floors throughout the entire building are selected hard maple, planed, tongued, and grooved. The wood-work of doors and window casings is of white pine, oiled and varnished. The entire cost of these buildings, including furniture and fixtures, was $130,000.

On taking charge of the new building it was found necessary to add a number of store-rooms and appliances which the funds in their control did not allow the building commissioners to provide. A few of these may be mentioned, and among the number, a steam drying-closet for the ward for excitable female patients. Also an attendant's room and an additional patient's room, with the partitions and division walls in the basement story. As no provision had been made for the storage of ice, butter, milk, meat, or vegetables, mechanics were immediately employed to build these various rooms in the cellar of the center building. It has been found necessary to have some work done in fitting doors and windows. This need was probably owing to the fact that the walls were finished in winter, and the casings adjusted while the walls were only partially seasoned. It soon became evident that the hospital bakery would be inadequate to the demands made by the increased number of persons to be provided for. Under your instructions I have had an additional oven 13 feet wide by 16 feet in length, constructed in the old laundry building with the necessary kneading-troughs, tables, wash-sinks, and store-rooms. These various improvements had to be made immediately, and without waiting to ask for an appropriation to meet the expense which has been $1,372.77. Add to this the new boiler hereafter mentioned, costing $1,070, and the new laundry expenses of $2,462.61, and it makes the sum total of expenses incident to the new hospital fairly up to $4,905.38. This expenditure, called for at the very start, is not a legitimate charge against the running expenses of the new institution. I mention the details in this report simply as a matter of official record. The removal of chronic patients from the old to the new hospital afforded us an opportunity, long sought for, to vacate and thoroughly renovate some of the wards that have been constantly overcrowded during the past fourteen years. This work was efficiently done by removing and replacing soiled and disfigured walls, worn out floors, and crumbling ceilings. The new work has been thoroughly finished in two

coats of English silicate paint which is hard, durable, and impervious to moisture. We have, as in former years, endeavored to make good throughout the entire house the wear and tear incident to the care of a destructive population. The same spirit has governed the management of the hospital farm and gardens. Old walls have been replaced by new fences; brush and stones have been removed, and several fields drained and improved so as to be considered profitable farming land. For details of the agricultural results you are referred to the accompanying farmer's report. It shows not only an increase in the quantity produced, but also an improvement in the quality. A larger number of patients have been employed out of doors than ever before, and I think I may safely report progress in all departments of the work assigned to us.

FINANCIAL STATEMENT.

The customary balance sheet and abstract of vouchers, classified under specific heads, are herewith transmitted. These show in detail the amount of revenue and how expended. For the first time in its history the hospital expenses have apparently exceeded its revenue by $1,795.56. This apparent deficit is more than offset by the possession of coal and other supplies at this date, costing far more than the sum named. It should be remembered that the new hospital building came into your possession destitute of supplies or funds for operating expenses. A number of details in the construction were found to be imperfect. It was necessary to employ several mechanics at considerable expense to complete and perfect absolutely needed improvements before the building could be most conveniently adapted to its purposes. In addition to this, various fixtures not included in the contract for furnishing had to be purchased before it was in complete running order. As a doubt had arisen in the minds of some of the officers respecting the capacity of the two boilers to furnish sufficient heat for the new building during extremely cold weather, a contract was made for an additional boiler to sup-

plement the others, or in case of repairs. All of these items, which you understand in detail, combine to make our financial report less favorable than in previous years. It is known that there has been a large advance in the price of nearly all provisions during the past eight months. Notwithstanding these unexpected contingencies, we have been able to make improvements, organize the new hospital, and purchase and pay for the fuel required.

I sincerely hope that the application to the General Assembly which you propose to make for the land south of the hospital, will receive favorable action.

The new buildings extend to the boundary line. There is not even room for a passage-way. No argument is needed to show why the hospital should control the land surrounding the building occupied by insane female patients. A due regard for privacy requires this purchase. The land is valuable for garden purposes and can be worked most advantageously.

ACKNOWLEDGMENTS.

We are again under obligations to many friends who have thoughtfully remembered the institution by making donations of useful articles or in assisting in our series of entertainments. In behalf of those who cannot speak for themselves, I would in this public manner return grateful acknowledgments to Mrs. E. B. Monroe of Southport, for books and magazines, lambrequin curtains, and twenty-five dollars in cash to be expended in books for the new hospital; to Miss M. G. Perry of Southport, for books and magazines; to H. D. A. Ward of Middletown, for six volumes of illustrated German papers, eight volumes of *Scribner's Monthly*, five volumes of *Appleton's Monthly*, one bound volume of *Galaxy*, and twenty-five sermons of Henry Ward Beecher; to W. W. Coe, Esq., of Portland, for several copies of the *Spirit of the Times;* to E. Rockwell of Middletown, for packages of pictorial papers; to Miss Amelia Glover, Middletown, for packages of books; to Mr. C. W. Church, for two volumes *Atlantic Monthly*, two volumes *Appleton's Monthly;* to T. S. Gold, secretary state board

of agriculture, one volume of the annual report; to Senator Joseph R. Hawley, one volume of the last annual report of the agricultural department at Washington; to B. P. Starr of Hartford, two bound volumes of *Every Saturday;* to Mr. John Barber, New Haven, for one volume; to W. W. Andrews of Rockville, two hundred mammoth "Cluster" raspberry vines; to John N. Stickney, Esq., of Rockville, for a lecture; to Rev. A. W. Hazen, for a lecture; to the Earnest Workers of the South Congregational Church, for a pleasant dramatic entertainment; to Hon. Lewis E. Stanton, Hartford, for an interesting lecture entitled "Work and Play"; to the officers and attendants of the Hartford Retreat, for a musical entertainment; to Messrs. Camp, Pearne, and eighteen others, for a concert; to Miss Mary Beeman, Miss Rose Newell, Mrs. Post, and Mrs. Bronson, and Messrs. Pearne, Hall, Bacon, and Parsons, for an afternoon concert; to Mrs. Edna Chaffee Noble for a reading; to a friend, for ten copies of the *Parish Visitor;* and to many others who have kindly placed magazines and newspapers in the hospital box at Mr. Hastings' store for the use of the patients; also to the publishers of the following-named state papers for gratuitous copies:

The Courant, daily,	Hartford
The Post, "	"
The Register, "	New Haven
The Palladium, weekly,	"
The Times, weekly,	Hartford
Bridgeport Standard, weekly,	Bridgeport
Tolland County Journal, weekly,	Rockville
Sheltering Arms, monthly,	New York
Connecticut Western Weekly, weekly,	Salisbury
The Constitution, weekly,	Middletown
Sentinel and Witness, weekly,	"
Religious Herald, "	Hartford
Weekly Witness, "	New York
Sabbath Reading, "	"

I am under obligations to the friends who have kindly aided us in our endeavors to provide suitable entertainments and amusements during the winter months. The importance

of this work is evident to any thoughtful person. Hospital life at its best must be somewhat irksome to those who have been accustomed to active pursuits. The tedious monotony is pleasantly broken in the summer by outdoor employment for those who are able, together with pleasant games, exercise in walking, in drilling, and the various means that are easily found while passing time out of doors. Since the improvement of our lawn and the rapid growth of plants and flowers, the surroundings have been so attractive that not only our own people but those from the city and surrounding country are often seen walking and driving about the buildings. To add to the pleasure of those who are thus employed, the hospital band has spent from one to two hours practicing every morning near the south arbor, and on two evenings of each week at the ladies' arbor. The following entertainments were provided in the amusement hall and chapel during the winter season:

Sociable, with dancing,	12	evenings.
Masquerade Party,	1	"
Lectures with Stereopticon,	7	"
Christmas Tree,	1	"
Legerdemain, E. A. Parsons,	1	"
Dramatic Entertainment, Hospital Troupe,	5	"
" " Earnest Workers,	1	"
Comedy and Farce, Middletown Friends,	1	"
Musical Concert, Retreat Orchestra,	1	"
Concert, Middletown Friends,	1	"
Reading and Concert, Miss Annie L. White,	1	"
" Miss L. L. Peck,	1	"
" Mrs. Dr Lyon,	1	"
" Mrs. Edna Chaffee Noble,	1	"
Lecture, The Wheat-fields of Dakota, Rev. Dr. W. L. Gage,	1	"
" Horse-back ride through Syria, Rev. C. H. Buck,	1	"
" The Sandwich Islands, Dr. Shew,	1	"
" Healthy Homes, Dr. C. W. Chamberlin,	1	"
" Switzerland, Rev. A. W. Hazen,	1	"
" Palestine, or the Holy Land, John N. Stickney,	1	"
" Work and Play, Lewis E. Stanton, Esq.,	1	"
Sleighing Party, 1 afternoon, conveyances from public and private stables,		
Band Concerts,	34	"

CHANGES IN THE OFFICIAL STAFF.

In March last, Mr. Clinton W. Weatherbee resigned the position of farmer, which he had faithfully and most acceptably filled since April, 1868, to engage in private business. At the same time Mrs. Weatherbee resigned the position of housekeeper. Both of these officers possessed rare executive ability, and were well-fitted to perform the duties of their respective offices. These vacancies were filled respectively by the appointment of Mr. Pliny W. Sanderson and Mrs. Jeannette P. Packer. At the opening of the new hospital Dr. Henry S. Noble of Hartford, formerly connected with one of the Michigan asylums, and more recently an assistant at the Retreat, was appointed assistant physician, and Mrs. Annie L. Williams, housekeeper. With these exceptions, the staff of officers remains the same as at the beginning of the year. I am under deep obligations to all my co-laborers, who have faithfully performed the duties of their several positions. And especially am I encouraged and sustained by the fostering care which you have steadily bestowed on this great public trust.

Respectively submitted,

A. M. SHEW, M.D.,
Superintendent.

December 1, 1881.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane at Middletown are permitted to present their seventeenth annual report.

It is a satisfaction to state the fact that the history of the hospital for the past twelve months has been one of quiet usefulness, without epidemic illness among the patients, or startling incidents, save the escape of Andersen, the particulars of which, with those of his return, are given in the superintendent's report, sent in with this, which also will exhibit in detail expenditures of special appropriations, and the accounts of the ordinary financial course of receipts and payments since the first of December, 1881; also the humane work of the hospital during the year.

We request special attention of the members of the legislature to that portion of the superintendent's report which alludes to the apprehension of the people concerning the possible reception by this hospital of persons who are not insane.

The number of patients who have had the benefit of the institution during this year, has been 1,079. There were remaining 30th of November, 1882, 842. Of these 300 were in the "New Hospital"; 73 are accommodated in the cottages. These are the chronic insane.

It will be seen in one of the annexed tables that the admissions since the opening of the hospital have been 2,681. This statement will cause the reflections, "How many individuals have been benefited!" "How many families have been relieved!"

There has been no delay in admitting patients during the year.

The record of improvements made to cottages and on the farm, of receipts and outlays, etc., is given in the several reports accompanying this.

The general uneventful regularity of the doings of this branch of the State's beneficence is evidence of its efficiency for good, and of the blessing of God which has continued to rest upon the work of the hospital.

No appropriation will be asked for.

The terms of the members of the Board for Middlesex and New Haven counties expire with this year. Their reappointment is solicited at your hand.

Respectfully submitted,

HOBART B. BIGELOW,
R. S. FELLOWES,
HENRY WOODWARD,
ROBBINS BATTELL,
JAMES G. GREGORY, M.D.,
H. SIDNEY HAYDEN,
LUCIUS S. FULLER,
SAMUEL G. WILLARD,
RICHMOND M. BULLOCK,
ELISHA B. NYE, M.D.,
J. W. ALSOP, M.D.,
BENJAMIN DOUGLAS.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for Insane:

GENTLEMEN — I have the honor to submit the following report of the Connecticut Hospital for the Insane for the fiscal year ending November 30, 1882.

The year began with 731 patients and ended with 842.

There were 348 admitted during the year, of whom 177 were men and 171 women.

The total number of patients under treatment was 1,079.

The number of patients discharged during the year was 158, of whom 87 were men and 71 were women.

There were 79 deaths, of whom 47 were men and 32 women.

The average number of patients resident during the year was 789, of whom 357 were men and 432 were women.

These general statistics indicate in usual form the sum total of hospital work for the year.

To you who are familiar with the details no further explanation would be offered; but for the information of the members of the General Assembly I may be permitted to state some of the important factors included in the general summary.

This period embraces the first complete year since the supplemental building, or South Hospital, as it is designated, was opened. It may, therefore, serve to measure the scope and extent of work the hospital in all its departments is capable of doing. In a degree it also measures the needs of the State. This is made evident by the fact that we received promptly every pauper and indigent patient for whom application was made.

If any insane persons are now kept in almshouses, the

responsibility rests upon town officials and not at the door of your hospital.

The majority of new patients were brought to the hospital without notice, and we have declined to admit only those who could afford to pay for treatment at private institutions.

This policy of making a distinction in favor of the indigent classes discriminates unjustly against that most deserving class of society with small means but much self respect, which would prefer to pay the small rate of four dollars per week without going to the town or State, or to any charity to assist them. Some of these, after making praiseworthy efforts to meet the larger expense elsewhere, finally come to us the subjects of charity; while others, unable to pay the higher rates, remain at home until the favorable period for treatment has passed and drift into a state of chronic insanity.

Would it not be true economy, as well as good policy, to admit all such cases promptly?

During the past year there have been forty refusals of such applicants. Add this number to the 348 admissions and you have the sum total, 388. The admissions for the year 1881 were 352. Thus, 400 may be taken as a measure of the probable annual demand while the population of the State remains at about 750,000.

But the hospital is crowded to its full capacity, and henceforth can only admit new cases as vacancies occur. Should the same number of persons be discharged and an equal number die, 237 vacancies will be made; or 163 vacancies less than the probable number of new applicants. What answer can I make to the unfortunate ones who will be unprovided for?

You say, discharge the quiet chronic patients and make room for the more urgent new applicants. True; but how can it be done? Nearly all of these are destitute of homes or friends. They are feeble in body or mind, and would soon become the prey of unprincipled persons or perish, as the result of exposure and neglect.

Town officials properly decline to remove homeless patients

unless I can certify to their complete restoration to health. The sentiment of community and the dictates of humanity alike demand that the chronic insane remain until some other provision is made for their safety and comfort.

There are at this date 842 patients. This large population is provided for in the following manner:

Those who need medical treatment and the most care, including recent admissions, the sick, and the disturbed of the chronic class, 442 in all, are assigned to the main hospital.

The new south hospital is devoted to the chronic insane to the number of 300.

In a distinct building, called the Annex, 26 patients of the criminal class are provided for in single rooms.

The Roberts Cottage contains 20 quiet female patients. The Farm Cottage 10 more of the same class, and the Silver Mine Cottage 33 quiet males. One old gentleman has for several years boarded with a private family near the hospital, and thus the 842 persons whose names appear on the hospital register at this date are accounted for.

Of those admitted, 180 are "paupers" (supported by town and State); 132 are "indigents" (supported by State and friends); 22 are wholly supported by the State (this class includes four convicts from Wethersfield, 5 insane soldiers, admitted by act of the last General Assembly); 9 Superior Court cases — persons acquitted of crime on the sole ground of insanity, and having no legal settlement in any town; 4 by the Governor's order, and 14 "paying" patients, who are self-supporting. Of these various classes there are at this date 549 paupers, 219 indigents, 66 State, and 8 paying patients. It thus becomes evident that 99 per cent. of all the patients treated at this institution are beneficiaries.

In a previous report I pointed out the growing tendency to send patients at earlier periods of their disease than formerly. During the year 90 of the 348 admissions, or 29 per cent., were sent within three months of the onset of the disease. Forty-eight of these recovered and were discharged after an average residence of only 2 months and 28 days,

and many others are convalescing. What stronger proof could be adduced to show the advantage and real economy of early treatment? This practical lesson is still more impressively brought to your notice in the study of the whole admission record. In 141 of the 348 admissions the disease had existed more than two years prior to hospital treatment, and in 63 of these the duration extended from five to fifty years.

The statistics of all asylums show that insanity is pre-eminently a disease tending towards chronicity, and that recovery rarely occur after the mental disturbance has continued two years.

To add to the unfavorable character of the admissions, I should mention that an unusually large number of old persons were sent to us this year, twenty-seven of them being between 60 and 70 years of age, twelve between 70 and 80, four between 80 and 90, and one between 90 and 100. We have always had in this hospital a very large proportion of old people, a fact alluded to in my last annual report as follows: "The death rate at the institution has always been below the average, when compared with similar institutions in this and other countries. I attribute this to the favorable location, to the complete system of sewerage and ventilation, and to an abundant supply of pure spring water. It is evident, however, that the ratio of deaths must gradually increase as long as the hospital provides for chronic cases during life. This fact is made evident by a study of Table XXIV, where it appears that there are at this date ten patients between 80 and 90; twenty-six others between 70 and 80; sixty-eight others between 60 and 70; and one hundred and eighteen between 50 and 60 years of age; thus making a total of 222 chronic patients remaining in the institution between the ages of 50 and 90. It has already been shown by our tables that the average age at death among the insane is 50.15 years. With these plain facts before us, you will hardly be surprised by a perceptible increase of the death rate in the immediate future, and will be ready

to attribute it to the natural and legitimate cause." In this connection it is proper to state that we have in one ward twenty patients, ten of whom have a total of 750 years; or an average of 75 years each. In another ward, containing nineteen male patients, the average age of all is 65.53 years, and of the ten oldest 72.20 years. This leads me to offer a suggestion, which I trust will commend itself to the wisdom of town officers and the friends of deranged persons. It is not desirable to send a man away from his home after he is 75 or 80 years of age. Mental excitement combined with bodily weakness *may* furnish a plausible reason among the *very poor*, where suitable food, nursing, and attendance cannot be attainable.

The sentiment of community doubtless demands that all such cases should be provided for, and we are happy in the performance of labor in this unpromising portion of the Master's vineyard, even if it should measurably lengthen our mortuary tables.

Never before in one year have so many cases been sent to us in a weak or exhausted condition. All of these required and received special diet of milk, eggs, and such nourishing foods as are restorative to the sick. Notwithstanding all our efforts, sixteen of these died after an average residence in hospital of only seventeen days. The following table shows all of the deaths and their ratios since the hospital was opened in 1868:

Death and their Ratios, from May 1, 1868, to Nov. 30, 1882.

Official year.	Whole number of patients.	Daily average No. patients.	DEATHS.			Per cent. on whole No. of patients.	Per cent. on daily average No. of patients.
			Males.	Females.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–79,	343	225.17	18	3	21	6.12	9.32
1870–71,	307	237	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6.25	7.86
1873–74,	524	239.51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5.95	8.45
1875–76,	616	452.64	26	7	33	5.35	7.31
1876, 8 mos.	548	456.97	9	6	15	2.73	3.28
Dec. 1, 1876, Nov. 30, '77,	619	463.88	19	12	31	5 01	6.69
1877–78,	629	474.17	27	13	40	6.36	8.43
1878–79,	644	498.34	9	10	19	2.95	3.81
1879–80,	654	514 63	16	14	30	4.58	5 82
1880–81,	881	608.51	32	12	44	5 00	7.24
1881–82,	1079	789.27	47	32	79	7.32	10.01

The average age of all was 52.54 years. Seven had survived 80 years; eight were between 70 and 80; thirteen between 60 and 70; fourteen between 50 and 60, and thirty-nine under 50.

In the causation of death, tuberculosis (pulmonary consumption) leads with a total of 14; next to this maniacal exhaustion (12), general paralysis (9), old age (7), epilepsy (6), apoplexy (5), and heart disease (4), stand in regular order. All but two of the 79 deaths were from natural causes, and are properly classified in Table XXII.

With a crowded hospital containing at all times a turbulent population and many actively suicidal patients, only two persons succeeded in committing suicide. It has well been said that among the insane the unexpected event will most surely occur. It has thus in one of these sad cases, a woman who had passed through the clouds of abject despondency and extreme melancholia into the light of convalescence,

after receiving a letter from her husband conveying the promise of a speedy return to her happy home, deliberately and in the most cunning manner planned a method of silently ending her own life while the attendant and others were within a few feet of her person.

Of the admissions 246 were first admissions to this or any hospital for the insane. Sixty-two were readmissions; that is, they were transfers (14) from other institutions, or persons (48) who, in previous years, had been discharged from this hospital as shown in the following table:

ADMISSIONS.	Males.	Females.	Total.
First,	140	146	286
Second,	24	11	35
Third,	7	1	8
Fourth,	3	1	4
Fifth,	0	0	0
Sixth,	1	0	1
Transferred from other hospitals,	2	12	14
Total,	177	171	348

The percentage of admissions to the average number resident was very large compared with other State asylums, and implies increased work, more expense, greater risk of accidents, and a larger death rate. Notwithstanding these varied contingencies the professional results of the year's labors are most gratifying.

Viewed as a whole, the year has been comparatively free from the disturbances incident to life among the insane. On every pleasant day during the summer and autumn all who were physically able remained out of doors several hours, engaged in light work or simple recreation. We have continued the military drilling among the men, which was instituted by Col. Thayer eight years ago. Its influence is perceptibly beneficial in cultivating habits of regularity and precision, and in counteracting the tendency to repose or in-

action which is the distinguishing characteristic of chronic melancholia and dementia. Band concerts were enjoyed during the morning hours at the gentlemen's arbor, and on Tuesday and Friday evenings at the ladies' arbor. With so much liberty and only an occasional necessity for mechanical restraint (averaging less than one-quarter of one per cent. of the daily number present), few elopement attempts were made, and these few by patients on limited parole who were engaged in farm work at long distances from the hospital. I have, however, to report one event which caused us considerable solicitude. During the night of May 3d, John Andersen, well known as the Wallingford murderer, an insane convict, transferred from Wethersfield Prison about three years ago, succeeded in making his escape from the "Annex." All of the facts respecting this event were so widely published at the time that I will only add in this official manner, that Andersen was arrested near Newark, N. J., and safely returned to the hospital after an absence of only ten days. This episode had the effect of causing him great mental disturbance, which has only recently subsided. Realizing the fact that this man is a dangerous homicidal maniac, extra precautions are observed to prevent a recurrence of a similar nature.

Permit me to call your attention to a subject which periodically attracts attention for a time and is then apparently forgotten until some sensational case brings it to public notice. I refer to the present law regarding the commitment of the insane to asylums. In this State the law is a tolerably good one, and, so far as I am aware, no injustice has been done to individuals or institutions. Yet in other States where similar laws are in force there is dissatisfaction, and the sentiment of the community demands changes in order to relieve public apprehension.

It is needless to say that a great deal which has been written and spoken of late about "incarcerating the sane" is sensational and untrue. There is no danger that an institution like this, which is always full, and whose field of labor is among the poor, will be used for unlawful purposes. To get

a sane man into this institution and keep him here without detection and exposure would require a combination of circumstances approaching the miraculous. The relatives or friends must be conspirators, the selectmen of towns and the judge of probate must be in league with them, and the examining physicians unfaithful or incompetent. All this is necessary to secure commitment to the institution, and finally, as you have the authority to discharge patients at any time, to keep sane persons here it would be necessary to deceive or debauch all of the medical officers, attendants, and employés, a possibility which is too improbable to require serious consideration.

This hospital has admitted 2,681 patients during the past fifteen years without having a writ of *habeas corpus* served or even the suspicion of one. In the annexed tables are 29 cases reported as "not insane," but all of these were either cases feigning insanity to escape penal servitude, inebriates without maniacal excitement, or persons awaiting trial who were sent here by the courts to determine their mental condition.

Practically, then, the question does not concern this institution; but if an amendment to the present law, making the process of commitment more cumbersome and tedious, would give greater confidence to the public, it would meet with my cordial approbation. No arrangement is likely to be lasting that is not sufficiently equitable and just to command the approval of all.

The extreme drouth during the summer of 1881 demonstrated the fact that our storage reservoirs were not adequate to the increased demands made upon them by the New South Hospital. After obtaining the opinion of Mr. George Bishop, an experienced hydraulic engineer, you wisely determined to raise the dam of the upper reservoir. Ten acres of adjoining land were purchased for $1,085.63, and the labor of moving the gate-house and raising and extending the dam has been accomplished during the period embraced in this report. The upper reservoir now covers six acres, with an average

depth of ten feet. Thus the old and the new reservoirs hold 18,000,000 gallons, or a supply adequate to the demands of the institution for a period of ten months provided no water was being added. But it should be remembered that innumerable living springs are constantly pouring their supplies into both reservoirs, so that during nine months of the year more water passes through the waste canal than is being used at the hospital. It may now be safely asserted that the supply of pure, soft water for present or prospective useful and ornamental purposes is fully equal to all demands. As the reservoir level is 175 feet above the first floor of the hospital, sufficient pressure is secured at all times for use in case of fire. The entire cost of this work, including purchase of land, which has been paid for out of our current receipts, was $1,911.18.

The amount of coal used for all purposes is about 3,000 tons. Heretofore we have stored 500 tons in a shed at the dock, which could be hauled during the winter season when the farm teams were at leisure, 500 in a shed near the boiler-house, and the balance was dumped in a pile. This involved heavy shoveling. To avoid the heaviest part of this labor a plank driveway has been erected on chestnut posts, by means of which the teamsters drive up an inclined platform and simply dump the coal down. The bridgeway serves as a partial covering or shed to the coal. The entire cost of this much-needed improvement was $458.62.

Two years ago you asked for and received an appropriation of $5,000 to be used in building a shop and a new barn and the purchase of additional cows.

In compliance with the conditions of the appropriation, a large brick addition with slate roof has been made to the carpenter's shop, in which much needed room for the storage of material has been secured, as well as a shop where thirty male patients can be employed at brush-making during the winter months. Work will be commenced as soon as I can find a suitable man, experienced in the details, to act as foreman attendant. This branch of industry has already been

successfully introduced at the Government Hospital for Insane at Washington, D. C., and at Norristown, Pa.

The erection of a new farm barn was necessarily delayed until October. Under the direction of your building committee, plans were procured for a barn 48 feet in width by 64 feet in length, and a contract made with Messrs. J. W. Hubbard & Co. of Middletown, to complete the same ready for use this winter. The plan is as follows: a cellar for manure under the stables; stalls for 32 cows on the first floor, and the usual bays and storerooms above. Although not completed at this date, the work is so well under way as to give promise of useful occupancy early in January.

Nine cows have been added to our herd, and more will be purchased as soon as the stable is completed.

The appropriation has been expended as follows: for shop, $1,210.16; for cows, $457.50; and on account of barn, $944.44, making a total to December 1st, of $2,612.10. The balance of the contract is $2,700, which is included in our statement of liabilities, and will soon be paid, thus making a total of $5,312.06. From this it will be seen that $312.06 have been expended in excess of appropriation, and which is provided from our income.

Vouchers for all expenditures are audited by the finance committee and by the State auditors, and placed on file for permanent preservation.

An appropriation of $8,000 was made by the last General Assembly to conclude a purchase of "the Roberts property," some ten acres of garden land adjacent to the new hospital, together with the dwelling-house and other farm buildings. This purchase was recommended and contracted for by a special legislative committee appointed in 1879. Since obtaining possession the house has been furnished and occupied as a cottage for 20 quiet female patients, thus making the third dwelling used in this way.

One of these is a large frame house formerly used as a hotel or boarding-house at the silver mine on the river bank, one mile east of the hospital. Here 33 quiet male patients

are provided for, where they have healthy employment at garden work, and greater freedom.

Another is the white wooden dwelling house on the farm, near the river, one-half mile from the main hospital. Here 20 female patients find a comfortable home and extended privileges. All of these dwellings are heated by stoves and lighted by lamps. The windows and doors have ordinary blinds and locks of farm houses. The patients are virtually at liberty while under the observation of experienced attendants.

With so much freedom and apparent self-control the question naturally arises, why retain these persons under hospital supervision at all? Why are they not discharged? Simply because they have no other home, and some at least show perverted propensities and disturbing habits rendering their presence in society a source of unpleasant solicitude. Is it not apparently desirable in this day of philanthropic efforts to be occasionally reminded that sane communities have rights that should be respected as well as the afflicted classes?

Scarely one of these 73 patients, if taken before a jury on a writ of *habeas corpus*, would come up to the arbitrary legal definition of insanity; and yet they are without exception defective, perverted, or diseased to such a degree that they will continue during natural life a burden to society.

The great difficulty is what to do with the poorer class of patients, without homes, who have become quiet and chronic. These patients scarely need the medical and general supervision of a fully equipped hospital for the insane. And yet communities will not tolerate their presence. "Cranks" have committed so many horrible and unexpected acts during the past few months that a general distrust pervades society, and the demand is made for increased restriction rather than enlarged liberty of this very class of "harmless lunatics." Only in rare instances, among the larger towns, can we send them back to the selectmen, for only a few towns have made any provision for the safety or care of the insane.

I am reluctantly forced to the conviction that at no distant day it will become necessary for the State of Connecticut to make further provision for the insane of her dependent classes.

FINANCIAL STATEMENT.

By referring to the superintendent's abstract of vouchers and the treasurer's report (pages 40 and 41), it will be seen that the total revenue during the past year was $167,791.82. The total expenditures were $166,968.89. The cost of meat, flour, butter, cheese, and other provisions has been much above the average for the five preceding years, necessitating great economy and constant watchfulness over all expenditures. The comparatively less proportional expense of attendance and service of an increased number of patients has enabled us to provide for the daily wants of such an institution, including repairs and improvements, previously mentioned, without running into debt. A comparison between the tables of this and previous reports, which contain classified lists under appropriate heads of all expenditures, will enable you to make such studies of special points as you may desire.

You cannot fail to notice with interest the full exhibit of the operations of the farming department as afforded by the accompanying report of Mr. Sanderson.

The severe and long-continued drought doubtless lessened the sum total of produce nearly, if not quite, one-half. Making due allowance for this, the yield compares favorably with previous years. More convalescent patients have been thus employed than ever before. As a restorative agent, light outdoor employment is most valuable. It is gratifying to note the beneficial change in the conduct of some patients soon after awaking their interest in garden work. One old man firmly believes that he owns the entire property, and is rapidly accumulating wealth. Another faithfully devotes himself to the care of our horses with so much fidelity that I can only secure the favor of a horse occasionally by presenting plausible reasons.

It has been very gratifying to note the growing interest in this benevolent work manifested by the public. We have, at unexpected periods, received various contributions of books, magazines, and papers for the use of the patients, *viz.*: from Mrs. E. B. Monroe of Southport, fifty books and several packages of magazines; one improved Pond's sphygmograph from Dr. S. G. Hubbard of New Haven; magazines from Mrs. Cephas Brainard of Haddam; six copies each of the *Sailor's Magazine* and *Illustrated Weekly* from R. S. Fellowes of New Haven; *The Century Magagzine* from L. R. Hazen; illustrated papers from Miss Tracy; one volume of the *Independent* from Hon. Curtis Bacon, and complete sets of magazines from Miss Bacon; two overcoats from Prof. C. S. Harrington; *Evening Post Annual* from D. Ward Northrop, Esq.; one fine steel engraving, framed, entitled "Waiting at the Gate," from Dr. E. B. Nye; *The Agriculturist* and *Christian Union* from Dr. Chase; nine books from Mr. George Parmelee, all of Middletown; and German carp from the Smithsonian Institute; and "Report of the Department of Agriculture" from Hon. John R. Buck of Washington, D. C. Many others have, during the year, sent papers and periodicals to the hospital box at Mr. Hastings' store. We are also under renewed obligations to the publishers of the following newspapers, which have been regularly received:

Hartford Daily Courant,	Hartford,	Conn.
do. do. Evening Post,	do.	do.
do. Weekly Times,	do.	do.
Religious Herald,	do.	do.
New Haven Evening Register,	New Haven,	do.
do. Weekly Palladium,	do.	do.
Bridgeport do. Standard,	Bridgeport,	do.
Tolland Co. do. Journal,	Rockville,	do.
The Constitution,	Middletown,	do.
The Sentinel and Witness,	do.	do.
Connecticut Western Weekly,	Salisbury,	do.
The Enterprise, do.	Naugatuck,	do.
The Review, do.	do.	do.
The Sheltering Arms (monthly),	New York City.	
Weekly Witness,	do.	do.
Sabbath Reading (weekly),	do.	do.

To the clergymen of this vicinity who have conducted our chapel services throughout the year we owe a debt not in our power to cancel. In behalf of those who cannot speak for themselves I would return grateful acknowledgments.

We are indebted to the Wesleyan University Glee Club for a delightful musical entertainment and play; also to the "Bee Society" for a charming dramatic entertainment. The monotony of winter evenings was pleasantly broken by the following entertainments in the amusement hall and chapel:

Sociable, with dancing,	14	evenings.
Lectures, illustrated with stereopticon,	6	"
Roller skating,	15	"
Dramatic entertainments, Hospital Troupe,	4	"
" " Bee Society,	1	"
Minstrels, Hospital Troupe,	1	"
Lecture, "Peru," Rev. J. H. Twichell,	1	"
" "The Building of a Home," Rev. R. S. True,	1	"
Reading and concert, Miss Annie L. White,	1	"
" Miss Stuart,	1	"
" Miss Nettie Taylor,	2	"
" Mr. George Lyon, Jr.,	1	"
Ventriloquism, Henry T. Bryant,	1	"
Concert, Jubilee Singers,	1	"
Operetta and play, Wesleyan students,	1	"

It may be proper to remark that the introduction of roller skating has afforded patients and attendants much enjoyment, together with healthful exercise. Thus far accidents from falls have caused a great deal of amusement to the spectators and no serious discomfort to the sufferers.

The attendants and other employes, whose duties are at all times confining, laborious, and peculiarly trying, deserve commendation, and it gives me pleasure to speak thus favorably of nearly all who have been with us during the year. Some few, forgetful of their duty to God and their fellow beings, have betrayed the sacred trust naturally reposed in them when assuming the care of the insane. Prompt dismissal for cause and merited appreciation of faithfulness in service has tended to elevate and ennoble this branch of charitable work.

The superintendent is also under deep obligations to the resident officers for their continued and efficient services. Without their zealous co-operation he would be unable to properly execute your philanthropic designs.

In the month of March Dr. Henry S. Noble received and accepted a well-merited promotion to a higher position in a similar institution at the West. Although his official connection with this hospital lasted only nine months, it was long enough to show that he possessed in a preëminent degree all the qualifications required in this peculiar professional work. The vacancy thus caused you wisely filled by the appointment of Dr. James M. Keniston, a graduate of Harvard, who, besides two years at the Butler Hospital, Providence, had an experience of ten years in general practice at Cambridgeport, Mass.

In your official visits, at regular and irregular periods, we have all, sane and insane, learned to rely upon your ready assistance.

In behalf of those who are incapable of expressing their obligation to your board I acknowledge their indebtedness, while I thank you for the support which you have given the superintendent and other officers of this noble charity.

Respectfully submitted,

A. M. SHEW, M.D.,

Superintendent.

Middletown, Conn., November 30, 1882.

REPORT OF TRUSTEES.

To the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane present to your honorable body their eighteenth report.

Knowing how closely the interests of the State are connected with this hospital — its history and growth, its cost, and the large return in comfort, restoration, and cure, it has provided for thousands of our citizens, preventing anxious alarm in many families and homes, affording so much of satisfaction in the line of Christian benevolence, and ministering to a reasonable State pride — it is the duty and sincere wish of the trustees to invite the attention of the legislature to the several reports herewith laid before them.

The absence for a whole year of any epidemic, or of any loss of life by violence amidst so large a population, including hundreds in diseased conditions as to mental and moral accountability, has been a great blessing, which can only be thoroughly appreciated by the medical officers and attendants whose grave charge it has been to watch, hour by hour, through days and nights, over the thirty wards under their care. All must admit that such a good result is evidence of faithful vigilance.

The reading of Dr. Shew's report will aid members to form a better opinion and a juster estimate of the weight of the responsibility which rests on a hospital superintendent, his colleagues and assistants, in a work often trying and disheartening, and to answer questions which will naturally

arise in their own hearts, as to what extensions, in providing for more of the insane and mentally disabled, it is wise for the State to make.

Advanced practical Christianity and experience have settled the question that it is the hospital with professional supervision and appliances which must be the home of the insane while needing seclusion and healing treatment. Almshouse shelter with promiscuous minglings of all classes is a thing of the unhappy past, never more, under any plea of economy or policy, to be revived.

Of 1,113 under treatment during the year, 860 remain at this date.

Additions and improvements to the buildings have been made, which are named in detail in the appended papers.

Your hospital has been enriched during the year by a welcome gift from one of the board, Hon. Robbins Battell, of a chime of bells, placed wholly at his expense in the tower of the new hospital, and attached to a clock in a room prepared for the purpose by the late commissioners when erecting that building. The musical toning of the chimes was supervised personally by Mr. Battell. While the furnishing of a standard time is a benefit to the whole institution, it is very gratifying to know that the sleepless patients watch for the quarter-hour chimes, and are delighted and soothed by their silvery minor tones.

God's blessing has rested on the service of the past twelve months; much good has been done, and our hearts are grateful.

We have been called to mourn the sudden death of Hon. Richmond M. Bullock of Windham county. He was a most respected and beloved member of the board, whose good judgment and genial fellowship will long be missed.

Besides filling his place, the terms of the appointment of the members for Litchfield and Fairfield counties expire at this date. Their recommission is earnestly desired.

Respectfully submitted.

THOMAS M. WALLER,
ROBBINS BATTELL,
JAMES G. GREGORY, M.D.,
H. SIDNEY HAYDEN,
LUCIUS S. FULLER,
SAMUEL G. WILLARD,
R. S. FELLOWES,
HENRY WOODWARD,
ELISHA B. NYE, M.D.,
BENJAMIN DOUGLAS,
J. W. ALSOP, M.D.

Middletown, November 30, 1883.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN, — It is my privilege to submit the following report of this institution for the fiscal year ending November 30, 1883:

The year began with 842 patients, and ended with 860.

There were 271 admitted during the year, of whom 135 were men and 136 women.

The total number of patients under treatment was 1,113.

The number of patients discharged during the year was 173, of whom 78 were men and 95 women.

There were 80 deaths, of whom 43 were men and 37 women.

The average number of patients resident during the year was 854.5, of whom 385.61 were men and 468.89 were women.

ADMISSIONS.

The total number of patients admitted was 271 (see table XIII). Of this number, 193 were first admissions, that is, recent cases or persons who were for the first time sent to any hospital for treatment, 30 were second, 5 were third, and 5 were fourth admissions. Five had been inmates of other hospitals *several* times. Of 24 nothing could be learned respecting their previous histories. Of the 9 reported as not insane, 2 were women addicted to the opium habit, 3 were men acquitted of crime by the superior court on the ground of insanity, 2 were simple cases of inebriety, 1 a life convict from Wethersfield, and 1 a woman whose good conduct at the hospital and straightforward story respecting her intem-

perate spouse, led us to conclude that the wrong member of the family had been sent to the hospital by the selectmen. Subsequent events have served to confirm our suspicions. All of these persons were discharged as soon as the legal steps could be taken.

Of the 271 persons admitted (see table IX), 3 were committed by friends (paying patients), 247 by probate court, 10 by superior court, 3 by police court, and 8 by orders from the governor of the State. This latter class includes the transfer of 3 convicts from Wethersfield and the admission of 5 insane soldiers.

Of those admitted, 10 were under twenty years of age; two were only sixteen, both of whom made rapid and good recoveries.

Eleven — 5 males and 6 females — had passed beyond the allotted period of life. Of these, one came to us aged seventy-four, one seventy-six, two seventy-nine, and one eighty-eight. Naturally these cases help to lengthen the mortuary table.

While we cannot expect to remedy the decay wrought by age, it has been some satisfaction to minister to the comfort of these aged patients.

Thirteen of the 271 admissions were suffering from that incurable and always fatal disease, paresis, paretic dementia, or progressive paralysis of the insane. Two of these were females — a fact worthy of record. This disease rarely develops in the female, and we have only admitted one previous case. There seems to be a steadily increasing ratio of this form of insanity, not only here but throughout the civilized world. A glance at our table will show the great increase in Connecticut during the past seventeen years. It stands at the head of the list (see table XXII) in causation of death in 17 cases. Tubercular consumption ranks next, with 12; exhaustion from mania, 7; disease of the heart, 6; old age, 6; cancer, 5; apoplexy, 4; marasmus, 4; Bright's disease of the kidneys, 3; meningitis, 3; epileptic coma, 2; empyema, 2; inflammation of the bowels, 2; pneumonia, 2;

abscess of liver, 2, and 1 each from chronic cystitis and abscess of tonsils.

The total number of deaths (80) exceeds that of the next preceding year by one, but you have already learned that the average number of patients present was much larger, hence the ratio is less.

The record of the year was not marred by suicides or fatal accidents, for which exemption I am profoundly thankful. One of the severest strains in the life of the officers who are responsible for the management of such an institution, is the constant liability to such occurrences.

Deaths and their Ratios from May 1, 1868, to Nov. 30, 1883.

Official year.	Whole Number of Patients.	Daily Average No. of Patients.	DEATHS.			Per cent. on whole No. of Patients.	Per cent. on Daily Average No. of Patients.
			Males.	Females.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225.17	18	3	21	6.12	9.32
1870–71,	307	237.	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6.25	7.86
1873–74,	524	239.51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5.95	8.45
1875–76,	616	452.64	26	7	33	5.35	7.31
1876, 8 mos., Dec. 1, '76.	548	456.97	9	6	15	2.73	3.28
Nov. 30, '77.	619	463.88	19	12	31	5.01	6.69
1877–78,	629	474.17	27	13	40	6.36	8.43
1878–79,	644	498.34	9	10	19	2.95	3.81
1879–80,	654	514.63	16	14	30	4.58	5.82
1880–81,	881	608.51	32	12	44	5.00	7.24
1881–82,	1079	789.27	47	32	79	7.32	10.01
1882–83,	1113	854.5	43	37	80	7.18	9.36

The average age of all who died was 51.40 years. Three had survived 90 years; three were between 80 and 90; eight between 70 and 80. The two oldest were respectively 93, and the next in her 91st year. To her memory is due something more than this formal record; for she had been to all of us

what only "Auntie Judd" could be: a good, kind, industrious, Christian woman, whose words, though sometimes sharp and incisive, were generally quotations from the Book of Books. For a period of twenty years she had lying in her bureau drawer a shroud prepared by herself, ready for the final event of life. Many a visitor carried away tokens of remembrance in the form of "flat-iron holders" made by the active fingers of this good old lady, whose eyes were keen and sparkling at the age of 90. We shall not soon forget the witty speeches and ready repartee of old "Auntie Judd."

The number of applications for admission exceeded that of any previous year, although the actual number admitted is less than that of the preceding year, simply because the hospital has been overcrowded at all times, notwithstanding our increased accommodations, and applicants had to wait until vacancies occurred. It thus happened that some persons were provided for elsewhere, or died before their turn was reached. At this date there are 34 applicants waiting.

The total number receiving treatment (1,113) exceeds that of any previous year by 34.

Of these only 11 were paying patients; 328 were "indigents," supported jointly by the State and their friends, and 774 were "paupers," or those who were chargeable wholly to the State or towns. The amount received per week for these various classes is the same (with one exception), and in practice no distinction is made, except in rare instances where the urgent symptoms requires the employment of special attendants.

Thus occasionally a pauper's expenses cost the institution at least twelve dollars per week, while the amount received was only four. This brief summary shows how thoroughly the daily life of this institution is being conformed to the intent of its founders, *viz.*, to provide, *primarily*, a good hospital home for the *poor* and *needy* and those in *moderate* circumstances.

Of the admissions, 193 were first admissions to this or any hospital, 78 were re-admissions, having been patients at this

or some similar institution at an earlier date. Some of the latter class have been admitted and discharged so many times from this or other hospitals that their checkered lives resemble a patchwork of sanity and insanity, suggesting the query, whether it would not conserve the ends of humanity and justice, enhance their happiness, and lessen the danger and annoyance to community, to have them permanently committed to a hospital for the insane. These patients are always benefited by the regularity of hospital life, so that they go out apparently sane; but a few weeks or months of freedom and license always upsets them, and brings them back to us in a worse state than at first, and the whole work has to be gone over again.

HEREDITARY TENDENCY.

Such experiences also suggest an inquiry respecting the probable cause of such persistent mental disturbance where there is so much apparent sanity. The friends always attribute it to some trivial occurrence such as loss of property, disappointment, fright, etc., thus seeming to find relief and comfort in bringing it into the category of ordinary events, where cause and effect prevail. While these accidental circumstances may have been the last "straws," I think we must admit in these cases original weakness of brain, and recognize the fact that if weakness or predisposition are transmitted at all, there must be more chance of brain weakness being transmitted than of any other organ, because it is the most delicate and highly organized structure in the body. It is here that the anxieties of life, the struggle for existence chiefly act; it is here that the exhaustion from intemperance and dissipation and bad lives takes effect. But to assert that this transmitted disease is a fixed and invariable law is contrary to daily experience. Every thoughtful mind must recognize the fact that nature tends to propagate the good rather than the bad qualities, and that in a majority of cases the fittest will survive the struggle, thus continually leading up to a sounder type.

CAUSATION.

In the causation of insanity there are so many complicated factors entering into the problem that it is almost impossible to unravel the tangled web. When we, therefore, attempt to classify in tables the causes, it should be borne in mind that we have merely given one event in the life of the individual which has probably exercised more influence than some other links in the chain of causation. The causes recorded in the histories are often incorrect and misleading, because the friends of patients overlook the fact, or object to give it, when in any way it tends to compromise the dignity or belittle the moral character of the individual. Hence all statistics respecting special vices, or the use of stimulants or narcotics, as causes of insanity should be accepted with many grains of allowance. This is especially true of intemperance. Our tables — based on the histories obtained from friends — only show about eleven per cent. of cases from this cause. But other facts that reach us while these patients are under treatment, and the peculiar character of their mental disturbances, prove beyond question that a much larger number should be included under this head. I sometimes question the policy of admitting patients of this class to ordinary hospitals for the insane. That they are "mad as March hares" is undeniable; that they are benefited by restraint is equally true; but that they are insane in the sense that the maniac or melancholiac is insane, I deny. A few days of seclusion at a hospital or elsewhere, and an absence of the customary stimulant, restores the digestive organs to comparative health; food is retained and assimilated, other organs perform their normal functions, and the man is "clothed and in his right mind." They soon think it hard and unnecessary to remain among the insane, and if restrained become troublesome and officious meddlers. In any event, under our present laws, they cannot be retained long enough to effect a permanent cure; hence, when leaving the hospital, we always classify them among those whose mental condition is recorded as "stationary."

Before leaving this division of my report, I desire to call your attention to a class of the insane for which special arrangements should be made. I refer to the epileptic insane. Epilepsy does not always cause insanity. Many epileptics pass through long and useful lives, with more or less enfeeblement of mind, but no insanity. Such patients rarely reach the hospital. The class I wish to provide for is a large one, whose subjects have periods of maniacal excitement preceding or following the epileptic seizure, and lasting days or weeks, during which they are the most irritable, unreliable, and dangerous patients to be found in our hospitals. The least emotional disturbance causes an outburst of maniacal fury which may end in homicide or suicide. Nearly all the accidents to life in hospitals for the insane are the result of epilepsy.

The destruction by fire of many institutions can be traced to the incendiary attempts of these patients. No ordinary precautions avail to secure safety, simply because there is no uniformity or periodicity of attack in this disease.

The epileptic maniac who, perhaps, for weeks has been an amiable Christian gentleman, kind, helpful, and affectionate, in a moment, without warning, in chapel, at the table, or while out walking, becomes a furious maniac, possessed of herculean strength, with which he destroys clothing, furniture, buildings, and even life itself. In the presence of such patients the price of safety is something more than constant vigilance. The shock and fright caused by unexpectedly witnessing an epileptic seizure has done irreparable injury to convalescent patients. Looking at these facts from the standpoint of common sense and common decency, I ask you what excuse can be made for placing such cases in the wards of a hospital with ordinary insane patients? The philanthropic spirit of the age demands cheerful halls, large windows, light furniture, open doors, and the total abolition of mechanical appliances for personal restraint. And these demands are just and correct when applied to the great prin-

ciples which should govern us in the treatment of ordinary cases of insanity. But I have already shown you that this is a special class, requiring special care, and should be provided for in a separate and special manner. If this report is to have any force of meaning at all let me urge you to emphasize this one fact over and above all others, so as to secure an appropriation for another separate building, which may be planned and adapted to the safe keeping and more particular treatment of the epileptic insane. Such a building can be constructed in a plain, substantial manner, with the special arrangements I have hinted at, at a cost much below that required in the ordinary hospital.

We have at this date 67 epileptic patients, and the number is steadily increasing. If these were transferred to a new building room would be had to admit promptly all new cases of insanity as they occur, thus avoiding the tedious and often expensive delays which are now necessary. It surely would be to the honor of the State of Connecticut to inaugurate the system of segregating the epileptic from the common forms of insanity. Our new South Hospital for the chronic insane has been occupied more than two years. This experience convinces me that the plan of supplemental buildings adjacent to the central hospital is the true solution to that most difficult problem of how best to provide for the chronic insane. In this respect we followed the lead of the Willard Asylum at Ovid, N. Y. Since then Dr. Godding has adopted the same policy at the Government Hospital for the Insane at Washington, D. C. And now the State of Illinois is erecting buildings at Jacksonville modeled after the plans of our new South Hospital. Let me not be misunderstood. In advocating this plan of separate buildings I deem it of paramount importance that each building should be large enough to employ all of the time and best energies of an assistant physician, who, with his family, should reside in the building and be responsible to the superintendent for its proper detail management.

In this respect, you observe, it is quite unlike the objection-

able "cottage system" in vogue at Gheel, where the patients are scattered about in the hamlets of peasants, wholly at the mercy of ignorant and irresponsible persons.

IMBECILES AND IDIOTS.

There is also another class of patients which should be removed from the wards occupied by acute and curable cases. I refer to the imbeciles and idiots who from birth have been defective. We have at all times about fifty of this class, nearly all of whom are young, and the number is steadily increasing. These patients require custodial care rather than medical treatment. The trouble is congenital, and cannot be removed. Their appearance and habits are, as a rule, repulsive and depressing to those occupying the same wards. I would, therefore, earnestly recommend that in planning a new building for the epileptic insane special wards be provided for this class, where they can have proper care and educational training and at the same time be separated from the convalescent patients. All persons with experience have come, or are surely coming, to the conclusion that this plan which I have briefly outlined is the only one to prevent the curative hospital from getting blocked up by incurables.

The social and legislative movement which has provided schools, hospitals, reformatories, and asylums for all who need them is one of the distinguishing characteristics of the Christianized civilization of this age. They are undeniably a "burden to the community, but it is simply the community taking and doing better what fell on individuals before."

DISCHARGES.

Of the 173 patients discharged 72 had been restored to mental and physical health, and were able to resume their natural and useful places in society. Of this number 53 recovered from the first attack, 11 from the second, 2 from the third, 5 from the fourth, and 1 from the sixth. All previous attacks were in years not covered by this report, and it should be noticed that in all our tables and records the number

of cases corresponds to the number of individuals; that is, a person appears only once in any fiscal year. If discharged and readmitted within the year, he resumes his former register number. Of all those who recovered the average duration of treatment in hospital was eight months and four days. The shortest period was twenty-three days and the longest six years seven months and fourteen days. This unusual result serves to confirm the old adage that there is an exception to every rule. It also gives a breath of hope to the anxious friends in every case, and to us encouragement to labor on even under most unpromising conditions. All experience proves that insanity is curable, if at all, in the first year. Rarely, indeed, do recoveries occur after the disease has lasted two years. In many cases, it is true, the acute symptoms subside, but the individual remains during life partially enfeebled, like the tree stripped of its foliage by the tornado that has passed over it. Here, however, was one of those exceptional cases. An individual of more than average ability passed through six and one-half years of the most pronounced maniacal excitement (noisy, destructive, and turbulent), and finally emerged from mental chaos into the full sunlight of reason with faculties undimmed, affections unsullied — thankful, hopeful, and courageous, as she again resumed her lot in life. May we not reasonably consider the blotting out of all these horrible realities from the memory of this individual as a wise interposition lest the recollection of them should shadow and sadden her whole life?

Of the 173 persons discharged 42 were reported as "much improved." Doubtless some of these patients will return to us, but the majority will continue on to complete recovery. Where the home surroundings are cheerful and helpful we always urge the early discharge of convalescent patients. Good judgment should, however, be exercised in this matter. It sometimes happens that a return to the home atmosphere, with all its joys and cares, before complete restoration, tends to retard recovery if it does not cause a relapse.

Under the head of "stationary" are included those previ-

ously mentioned as not insane, also cases of dementia, also the quiet, chronic insane, who from time to time are removed by the selectmen to make room for more urgent cases. While the hospital has been overcrowded at all times, the selectmen of towns have been officially notified that they could bring acute or dangerous cases without previous application by simply removing one of their quiet chronic patients. How good a boon this privilege is can only be appreciated by those who have been through the ordeal of caring for an acute case of mania or melancholia when suddenly developed.

GENERAL HISTORY.

Standing at the close of another year, it is pleasant to note the comfort and general satisfaction apparent among our patients in a more marked degree than during any previous twelve months.

It may seem paradoxical to assert that any one away from home, suffering from mental disease, and partially restricted of personal liberty, can be looked upon as measurably happy; and yet such is the fact. The quietness and regularity of hospital life often brings a sense of restfulness to the overstimulated or exhausted brain, which is more efficacious than medical treatment, and more conducive to happiness than other natural conditions and remedies which would, under ordinary circumstances, be of paramount importance. It is also true that the hallucinations and delusions of many insane persons are of an exalted, or at least, pleasing nature. While living under their influence the duties and worries of everyday life assume a roseate tint, so that the ordinary civilities become, in his exalted view, marks of homage and respect paid to a superior being. In some forms of insanity, even the pains of disease tend to create pleasurable emotions, and the man who is tottering in the last stages of paresis actually boasts of his power and wealth.

Such cases are exceptional.

It still remains true that the majority of all insane persons are depressed and unhappy. What I wish to say is, that in

caring for our large household during the past twelve months there has been an atmosphere of contentment pervading the whole house, which is indicative of the same friendly feeling which should pervade every home circle.

This would seem to be made apparent also by the fact that fewer changes have occurred in the staff of attendants and employes, and I am able to report a number of worthy, intelligent, and faithful persons who have been with us periods extending from three to fourteen years. By frequent vacations and special privileges granted to those who are adapted to the work, I have endeavored to encourage and retain all who are faithful.

REPAIRS AND IMPROVEMENTS.

Never before in twelve months has so much been done in addition to and renovation of the wards. New floors were laid in four corriders of the old south wing. Four skylights were placed over the clothes rooms of two upper halls. Brick partition walls were carried up through six dormitories, thus giving twenty-two new single rooms in the main hospital. Walls have been painted and the wood-work varnished anew in five wards. But the most important improvement was the erection of an infirmary building of two stories at the north end of the female wards, planned and fitted for the special treatment of twenty-four acute, or noisy patients, in as many single rooms, arranged on one side of the corridor. By a single contrivance of sliding doors these two wards can be made into six, thus enabling us to classify and separate these cases while retaining all the advantages and conveniences of the congregate system. The erection of this building completes on the north side the plan of the hospital as adopted by you in 1866. With these recent renovations, reconstructions, and additions, this institution is kept fully abreast of the most recent ideas of construction of a modern hospital for the insane. During this period the growth and development of the farming interests and the increase of stock necessitated the building of a new and much larger piggery

and slaughter-house. These have been conveniently located between the large farm barns on ground which slopes towards the east. Here, in the care of cows, horses, and pigs, and in light farm work, many convalescent and quiet chronic patients find pleasant, healthful employment during a portion of every day, thus contributing something to the general support. For a complete record of stock and farm products, I would refer you to the accompanying farmer's report.

The record of improvements would be incomplete without mention being made of our new coal shed and hoisting apparatus. Under your direction a substantial building, large enough to hold 3,000 tons of coal, was erected adjacent to the hospital dock, the two being connected by a track, on which a car is run by Hunt's automatic apparatus. We can now receive our coal in summer without interrupting farm work, and haul it whenever the teams are not required elsewhere.

ELOPEMENTS.

Nearly all of the forty persons who eloped during the year were either quiet farm laborers or convalescents on unlimited parole. All but three returned to the hospital, or were sent back after a few days' absence. Two reached home safely, so much improved that it was considered best to have them remain. Only one is still at large, unaccounted for; and his derangement is of such a character that no harm need be anticipated.

THE FARM.

Owing to the long-continued drought, the usual crop per acre of some farm products was not realized. As, however, we had more land under cultivation, and were able to employ more patients in this way, the sum total of products equals that of any previous year. Our experience with ensilage during the two preceding winters convinced us of its great value. A silo of 200 tons capacity was completed in July and filled with green corn fodder in September.

FINANCIAL EXHIBIT.

The treasurer's report and our table of receipts and expenditures show that the annual earnings of the hospital have been sufficient to meet all the expenses of maintenance, together with such repairs and improvements as heretofore mentioned. This favorable result has been owing to a marked decline in the price of staple provisions and other necessary supplies, together with exact economy in all departments.

You have wisely decided to reduce the price of board from four dollars per week to three dollars and seventy-five cents from this date. This reduction, which amounts to something over $10,000 for the year, can be made without lessening the comfort of the patients in the way of diet or accommodations, provided the price of supplies remains about the same as at this date. All bills against the hospital are audited and paid on the first Saturday of each month. We are thus able to purchase for cash at the lowest wholesale rates.

SUNDAY RELIGIOUS SERVICES.

The following clergymen kindly conducted the chapel services during the year:

Rev. T. W. Coit, D.D.,	Middletown, Conn.
Rev. J. W. Beach, D.D.,	"
Rev. F. M. Houghton,	"
Rev. John Townsend,	"
Rev. George Lyon,	Boston, Mass.
Rev. Samuel Hopley,	Middletown, Conn.
Rev. C. S. Harrington, D.D.,	"
Rev. J. P. Gordy,	"
Rev. C. J. Hill,	"
Rev. A. W. Hazen,	"
Rev. B. A. Smith,	"
Rev. John Binney,	"
Rev. C. A. Piddock,	"
Rev. F. S. Hoffman,	"
Rev. A. W. Wyatt,	"
Rev. C. L. Loomis,	"
Rev. Frederic Gardiner, D.D.,	"
Rev. M. S. Dudley,	Cromwell, Conn.

Rev. S. H. Dana,	Quincy, Ill.
Rev. C. H. Bond,	Middletown, Conn.
Rev. C. Holman,	"
Rev. J. W. Tuck,	"
Rev. Wm. B. Walker,	Augusta, Ga.
Rev. S. A. Hayt,	Watertown, N. Y.
Rev. Geo. Stevens, Ph.D.,	"
Rev. P. M. Snyder,	Carthage, N. Y.
Rev. Wm. Smith,	Hudson, N. Y.
Rev. H. R. Phœnix,	Middletown, Conn.
Rev. R. L. de Zeng,	"

ENTERTAINMENTS.

During the summer months, when patients and attendants spend several hours every pleasant day out of doors, no effort is made to have indoor evening entertainments. It seems so much more pleasant to sit in the arbor, to enjoy the swings, or to wander about the lawn just at the twilight hour, that we have from year to year extended these privileges until they are now enjoyed by all.

From October until May much attention is given to the evening entertainments. These comprise lectures, readings, concerts, plays, dances, and roller skating. I am under deep obligations to the officers and attendants who have cheerfully assisted in this work, and especially to our friends from the city who have kindly given their time and services. The following is a partial list of such persons, and a programme of the entertainments:

Sociable, with dancing,	12	evenings.
Lectures, illustrated with Stereopticon,	3	"
Roller Skating,	17	"
Dramatic Entertainments, Hospital Troupe,	4	"
Concert, Hospital Orchestra, assisted by Mrs. E. B. Smith, Miss Sanderson, and Master Freddie Wilbur,	1	"
" Mr. Camp and Family,	1	"
Operetta and Concert, Hospital Troupe,	1	"
Reading and Concert, Will Brewer, Miss Mary Brewer, and Miss Borgelt,	1	"
Masquerade,	2	"
Children's Dancing Class,	1	"
Lecture, Edward Douglas, "Foreign Travel,"	1	"
" "Rural England," Rev. W. L. Gage, D.D.,	1	"
" "An Old Castle," Prof. Winchester,	1	"

Lecture and Concert, Miss Radcliffe, assisted by Mrs. Post, Miss Chaffee, and Mr. Tateum,	. .	1	evening.
" "The Phonograph," J. W. Harmon,	. .	1	"
Reading, and Christmas Tree, Mr. Lyon, Jr.,	. .	1	"
" Miss Annie Walter,	. . . .	1	"
" Miss Nettie Taylor,	. . . .	1	"
" Henrietta Vinton Davis (colored),	. .	1	"

DONATIONS.

I acknowledge with sincere pleasure the receipt of many gifts for the patients, as an index of the growing interest manifested by thoughtful people in this important charity. If it were generally known how much good could be accomplished in this way I am sure our shelves would be stocked with books and the walls covered by engravings, much to the improvement of wards and general comfort of the inmates.

There have been received from Mr. R. S. Fellowes, New Haven, Conn., subscription for the year, three copies of the "Sailors' Magazine," and six copies "Sunday Reading."

Mrs. E. B. Monroe of Southport, Conn., two packages of books and magazines, $25 for books, and $100 towards the purchase of a piano for the chapel.

Senator Joseph R. Hawley, Washington, reports of the Department of Agriculture for 1881 and 1882.

H. D. A. Ward, Esq., Middletown, several volumes, magazines and illustrated papers.

Mrs. F. A. Ward, Middletown, packages of illustrated papers.

Mrs. Thomas G. Mather, Middletown, papers and magazines.

Middletown and Vicinity Bible Society, 31 Bibles.

The Hon. Robbins Battell, Norfolk, Conn., the chime of bells and quarter-hour attachments for the tower clock.

And to the many friends who have thoughtfully contributed papers, books, and magazines to the hospital box kindly allowed to be placed in Mr. Hastings' book store.

To the publishers of the following newspapers we owe a

debt of gratitude for having furnished copies gratuitously during the year:

The Courant, daily,	Hartford, Conn.
The Post, daily,	do. do.
The Palladium, weekly,	New Haven, do.
The Times, weekly,	Hartford, do.
Tolland County Journal, weekly,	Rockville, do.
Sheltering Arms, monthly,	New York city.
The Constitution, weekly,	Middletown, Conn.
Sentinel and Witness, weekly,	do. do.
Sabbath Reading, weekly,	New York city.
The Enterprise, weekly,	Naugatuck, Conn.
The Review, weekly,	do. do.
Bridgeport Standard, weekly,	Bridgeport, do.
Religious Herald, weekly,	Hartford, do.
Weekly Witness, weekly,	New York city.
The Herald, daily,	Middletown, Conn.

No changes have occurred in the staff of officers since your last meeting. It gives me much pleasure to report and commend their zeal, efficiency, and intelligent co-operation. Those who live with, and work for the insane, and do their work well, enjoy no beds of ease or idleness. The life is one of anxious cares and stern realities, extending alike over Sundays and holidays. Fortunately there are compensating possibilities even in such a work; and I should be wanting in gratitude if I failed to acknowledge the obligation under which you have placed us by your unvarying kindness and ready support.

Respectfully submitted,

A. M. SHEW, M.D.,

Superintendent.

Middletown, Conn., Nov. 30, 1883.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane are permitted herewith to make their nineteenth annual report.

The hospital has been favored in the good providence of the Heavenly Father, with another year of quietness, harmony, and prosperity, in the humane work for which it was founded. Generally the health of the patients has been good. They have escaped contagious diseases.

The excellent order, thorough system, and surprising neatness maintained in the buildings, and around them, attract the attention of visitors from this and other States.

In the summer and autumn the abundance and variety of flowers in beds tastefully arranged on the broad lawn are an unfailing source of pleasure.

The aim of the hospital is to receive so far as possible every citizen of Connecticut, whose mental condition renders necessary its protection and care, that restoration to health and sound mind may be speedy and complete; or if that may not be, to give the patient the benefit of the most careful attendance under the direction of the highest medical skill.

Those who administer the affairs of the institution have no motive to receive or detain any person who is not a proper subject of sanitary treatment. The number usually waiting to be received is a strong reason for discharging any patient, so soon as his own good and the safety of others will permit.

Many are allowed to go before they are fully restored, because a marked improvement is apparent, and it is probable they can be properly cared for by friends.

In order to make immediate room for an acute case of recent occurrence, it has repeatedly been necessary to return to the almshouse a person who has not recovered, but who may without injury be away from the hospital for a limited time. Such a case is frequently only the less of two evils, because the patient sent to the poorhouse is liable to suffer for lack of care, and the family to which he goes to be troubled by his presence.

The number of persons in need of the aid of the hospital is year by year increasing. It has been greater in the past year than ever before.

The whole number under its care during the year was 1,103.

The number remaining on the 30th of November was 923.

The addition to the north wing, built especially for noisy patients, was completed in the spring. It has twenty-four beds, and is abundantly supplied with light and air. The carpenters, masons, and other builders, did their work well. The removal of the very noisy patients for a longer or shorter period to this ward, is a sensible and grateful relief to the patients and attendants in the wards from which these are taken. This is one of the incidental advantages of a large hospital with many wards, which admits of a completeness of classification impossible in a small institution.

Attention is invited to the report of the superintendent in regard to this and other measures adopted to make room for more patients.

The continual increase of insane persons in this State renders larger accommodations a necessity. The general assembly, in recognition of this necessity appropriated, for additional buildings, seventy-five thousand dollars. The appropriation was committed to the trustees, as all others for the hospital have been, with a single exception.

They chose five of their number, a building committee, whose experience in hospital erection and business affairs generally, especially fitted them for this undertaking.

With some difficulty, but favored by the low price of material and of labor, they made contracts to erect a center

building and one wing, and furnish them, without exceeding the appropriation. At much personal sacrifice, the committee have freely given their time and service to secure for the State the best buildings possible in the circumstances.

The contractors have been faithful to their engagements. The season has been remarkably favorable, and the progress of the work very satisfactory.

The accompanying reports will state more particularly what has been done in building and repairs, also to cultivate and improve the farm. The larger liberty allowed the patients, and the benefits many derive from it is cheering evidence of the progress that has been made in wise and humane care for the insane.

The occasional escape of a patient from the grounds, so far from reflecting on the officers or attendants, may be regarded as an evidence that the patients are allowed the utmost freedom consistent with their mental condition, and that the superintendent regards it less an evil, that out of so many hundreds one should occasionally steal away, than that all should be constantly shut up. Of the few who escape, some returned before bedtime, others are usually brought back before many days. An additional appropriation to complete the buildings now in process of erection after the original plan, so that they can receive male patients, is respectfully recommended. An early appropriation will be for the advantage of the State in various ways.

The death of Mr. Richard S. Fellowes, the trustee from New Haven, on the 10th of March last, deprived the hospital of one of its truest, wisest, and most efficient friends. His interest in the enterprise led to his appointment as trustee, when the charter was given, June, 1866.

He gave cheerfully time, money, and unusual business sagacity to help the institution. His pen and his voice were ever at its service. His last day's work was to meet the committee of the legislature on humane institutions, accompany them through the buildings and about the grounds, and with impressive earnestness and eloquence set forth the distressing

need of new buildings to aid those suffering from mental disease, for whom there was no room in the hospital.

The shadow of death, though unnoticed, was even then upon him. In a day or two he was prostrated by paralysis, and passed away two or three weeks later.

The Honorable Henry B. Harrison, the speaker of the House, consented to accept the office, and was elected trustee by the Senate.

The terms of the trustee from Hartford and Tolland counties expire this year.

It is respectfully recommended that they be reappointed.

All of which is respectfully submitted.

THOMAS M. WALLER,
H. SIDNEY HAYDEN,
LUCIUS S. FULLER,
SAMUEL G. WILLARD,
CLARK E. BARROWS,
HENRY B. HARRISON,
HENRY WOODWARD,
ROBBINS BATTELL,
H. P. GEIB, M.D.,
BENJAMIN DOUGLAS,
JOSEPH W. ALSOP, M.D.,
ELISHA B. NYE, M.D.

Middletown, Nov. 30, 1884.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

Gentlemen — The following report of this institution for the fiscal year ending November 30, 1884, together with the usual statistical tables, is respectfully submitted.

There were in the hospital at the commencement of the year 860 patients, 392 men and 468 women. This number represents so many persons. In our tables no person appears more than once in any year. If discharged and re-admitted within the year, he resumes his former case number. During the year 243 have been admitted, 121 men and 122 women; making the whole number under treatment, 1,103. The number of patients discharged was 125, of whom 66 were men and 59 were women. There were 55 deaths, 34 men and 21 women. The average number of patients resident during the year was 883.22, of whom 402.58 were men and 480.64 were women.

You observe that the year closed with 63 more patients than at its commencement, and that the daily average exceeded by 29.17 that of the previous year. The highest number in the house at any time was 923, and the lowest 850. When it is remembered that the normal capacity of the hospital is only 800 beds, it will be seen that throughout the year our accommodation has been overtaxed, and the house at all times dangerously crowded. As far as possible all have been received who were likely to suffer for want of proper treatment; but as in former years, many applications, numbering in all about one hundred, had to be refused, or at best delayed for weeks, until vacancies were made by death or removals. I trust this will be the last time I shall have to report that, owing to want of room, cases have been compelled

to seek relief out of the state. The progress made towards the completion of the new south hospital leads me to hope that before May, 1885, we shall be prepared to admit all female applicants as they arise.

ADMISSIONS.

Of the total number admitted, 156 were first admissions; that is, persons who were for the first time sent to any hospital for treatment; 67 were second; 12 were third; 2 were fourth; 3 were fifth; and one each were sixth, seventh, and eighth.

The large percentage of re-admissions is explained by the fact that selectmen have frequently removed chronic cases to make room for violent cases; but sooner or later, in a majority of instances, the former are brought back to the hospital.

It affords me pleasure to say that 30 of these re-admissions had been away from the hospital able to follow their usual avocations for periods varying from one to eight years.

The character of the admissions as regards probability of recovery was, as usual, unfavorable, owing to the duration of the disease. Of the 243 patients admitted, only 94 had been insane less than one year; 34 from one to two years; 47 from two to five years; 47 from five to thirty years; 6 over thirty years; one was not insane; and of 14 nothing could be learned respecting their previous histories. As the prospect of recovery diminishes rapidly after the first six months and becomes an infinitesimal quantity after the expiration of one year, it is only fair to expect that more than three-fourths of all those admitted will require public or private care during life. Simple justice requires me to add some other unfavorable factors in the histories of these patients, viz.: 3 were instances of marked congenital defect; 9 were complicated with epilepsy; and 7 were cases of general paralysis. One of the patients admitted was over 80, and eleven between the ages of 70 and 80 years. In all of these no reasonable hope of recovery can be entertained.

Only one insane convict was transferred from Wethersfield

during the year, and the total number of this class at this date is only four.

One of the patients admitted, although having legal papers, appeared to be not insane. After being detained long enough to determine this fact he was discharged, and has continued sound. The history of the case and the circumstances would not lead us to question or suspect the motives of the authorities in sending him to the hospital.

Another male patient was admitted in the delirium of intoxication. A few days of seclusion and abstinence were sufficient to restore him to normal condition, when he was discharged, doubtless to return with renewed appetite to his depraved habits. In this and all similar instances in previous years, I have tabulated the mental condition of such cases when discharged as "stationary."

Permit me to repeat what was said in a former report, that a hospital for the insane is not a proper place for inebriates. At the best they cannot be retained long enough to effect a cure. A brief respite from the usual stimulant restores them to sanity, and they soon become discontented and a disturbing element in the hospital family.

The youngest person admitted was aged 15 years; one other 16; two 17; four 18; and four 19: thus making 12 persons in one year under 20 years of age. Three of these were defective from birth, and will require care during life; two were restored to health after a few weeks' treatment, and all of the remainder are considered curable.

Of the admissions, 14 cases had recovered their mental health, and 12 cases had died before the end of the year.

Of the 243 persons admitted (see Table IX), 2 were committed by friends; 222 by probate court; 12 by superior court; 4 by police court; and 3 by orders from the governor of the state. Table X shows you how these various classes are supported, as follows: 3 by self or friends (paying); 88 by state and friends (indigents); 140 by state and towns (paupers); and 12 by state alone.

The civil condition of those admitted is as follows: single, 132; married, 90; widowed, 19; and unknown, 2.

DISCHARGES.

Referring to Table I you learn that the discharges amount to 125, and include three classes: those who had recovered, 52; those who had improved and were sent home on trial, 25; and those quiet chronic patients who, showing no appreciable change, were removed by selectmen or friends, to make room for more urgent cases, 48.

The total recoveries amount to 52, which number, calculated upon the admissions, gives a recovery rate of over 21 per cent., or 5 per cent. less than the rate of last year. The average recovery rate for the preceding ten years has been 22 per cent.

It would be instructive to study in detail the clinical histories of all the cases that terminated in recovery, but space will only permit a glance at two facts. First, the importance of early treatment, and secondly, the advantage of having this treatment away from home. The average duration of treatment of those who were admitted within one month of the attack was *only five months.* Where the insanity had lasted three months before admission the period of treatment was fifteen months or more.

Of the 52 recoveries only 3 had been insane two years. Nothing could more strikingly illustrate the economy, as well as the importance of early treatment away from home. It may seem paradoxical to those who are not familiar with the facts to assert that strangers and strange surroundings are more conducive to restoration than the devoted attendance of loving friends within the hallowed precincts of home. Experience, however, proves that such is the fact; and this fact seems plausible and rational when it is remembered that persons become insane *at home*, and perhaps *because* of home. In other words, many influences at home, such as the drudgery of household cares, incompatibility of temperaments, work and worry, may silently undermine the mental stability until reason is dethroned. I am not wise enough to unravel the tangled web, and point out the particular cause or the last factor that has produced so much distress, but I have reason

to believe that to the mistaken kindness of friends in retaining patients at home during the early stages of mental disease may be attributed the hopelessly chronic character of so many patients when sent to hospitals.

DEATHS.

It affords me pleasure to report an absence of epidemic or endemic disease. General good health has prevailed throughout the year among officers, employes, and patients. Extensive removal of earth around the new hospital led us to expect some form of malarial disease, but thus far, happily, our expectations have not been realized. The total number of deaths (55) is much below the average for the whole period of seventeen years, since the opening of the hospital, and has only been a fraction less in three of those years. The death rate, calculated from the average number resident, was 6.22, and on the total number under treatment, 4.98. As usual, the mortality among males is larger than among females, owing to the much greater frequency of general paralysis among the former. The cause of death, as verified in 8 cases by post mortem examinations, was general paralysis in 11; tubercular consumption, 8; apoplexy, 7; exhaustion from mania, 5; old age, 4; epileptic coma, 3; pneumonia, 3; Bright's disease of the kidneys, 2; valvular disease of the heart, 2; paralysis, 2; and one each from chronic cystitis, marasmus, suicide, cerebral atrophy, capillary bronchitis, chronic artheritis, accidental drowning, and strangulated hernia.

The average age of all who died was 51.63 years. Two had passed 80; ten were between 70 and 80. The oldest was 85. The following table, showing the deaths and their ratio from the opening of the hospital to the close of this fiscal year, is given for the benefit of those who are seeking tabular information for the purpose of comparison :

DEATHS AND THEIR RATIOS, FROM MAY 1, 1868, TO NOV. 30, 1884.

Official Year.	Whole No. of Patients.	Daily Average No. of Patients.	DEATHS.			Per cent. on whole No. of Patients.	Per cent. on Daily Average No. of Patients.
			Men.	Females.	Total.		
1868-69,	268	85.47	14	1	15	5.59	17.57
1869-70,	343	225.17	18	3	21	6 12	9.32
1870-71,	307	237.	11	10	21	6.71	8.86
1871-72,	329	242.58	9	6	15	4.55	6.18
1872-73,	336	264.53	12	9	21	6.25	7 86
1873-74,	524	339.51	18	17	35	6.67	10.30
1874-75,	605	425 80	21	15	36	5.95	8.45
1875-76,	616	452.64	26	7	33	5.35	7.31
1876, 8 mo	548	456.97	9	6	15	2.73	3.28
Dec. 1 '76,							
Nov 30,'77	619	463.88	19	12	31	5.01	6.69
1877-78,	629	474.17	27	13	40	6.36	8.43
1878-79,	644	498.34	9	10	19	2.95	3.81
1879-80,	654	514.63	16	14	30	4.58	5.82
1880-81,	881	608.51	32	12	44	5.00	7.24
1881-82,	1079	789.27	47	32	79	7.32	10.01
1882-83,	1113	854.5	43	37	80	7.18	9.36
1883-84,	1103	883.2	34	21	55	4.98	6.22

The only cases where the causes of death call for remark is one case of suicide, where an old female patient, who had been insane for many years, succeeded in effecting her morbid purpose one Sunday afternoon, while her attendant and associate patients were in chapel attending Divine worship.

The other was a case of accidental drowning. A male patient who had frequently been in bathing before, while at work with other patients and an attendant at the coal shed near the river, while heated went into the water, and, most probably, suffered from a cramp. Unfortunately, before aid could reach him, he was taken down by the strong current, and only rescued after life had become extinct. The medical examiner of this town promptly and carefully inquired into all the facts in both cases and made proper return to the county coroner.

TREATMENT.

Notwithstanding the marked progress that has been made in the treatment of the insane during the last quarter of a century, it is yet true that our present knowledge of the genesis of mental disease is so vague and ill-defined that the medical treatment remains somewhat empirical. Medical experts have thus far failed to find any miraculous method by which disordered intellects can be restored to normal activity. Careful searching after causes has led to more intelligent conceptions of the nature of insanity, and hence improved methods of treatment. If mental disease is dependent, as I believe, on conditions that are avoidable or removable, and not the necessary concomitants of civilization, then insanity may be regarded as being largely preventable. The transgression of natural physiological laws always results in disease or modification of natural function. Vicious excesses in one generation show their baneful effects in the children of succeeding generations. Unnatural greed engendered by false methods of business tends to excitement, worry, and mental strain. Marriage in consanguinity is followed, sooner or later, by disease or decay. These are only glimpses into the broad field which opens before us, but they are perhaps sufficient to indicate the thought I wish to convey, *viz.*: whenever society recognizes these great truths and places on our statute book intelligent laws that shall regulate marriage and rigidly control evil excesses, then, and only then, may we hope that in spite of, even by reason of, further advance in civilization, the present rate of development of insanity may undergo not only arrest but diminution.

The great field for future progress, then, lies in the prevention of insanity. But to you, as public guardians, it may be more important to ascertain whether the year's experience covered by this report has led to any advance in curative measures. I would reply that we have, as never before, made our great family of 1,100 persons comfortable and comparatively happy. As already stated, our work has been largely custodial and in the line of careful nursing, because more

than three-fourths of all the patients had been insane from two to forty years before admission. We have not been able to replace lost faculties or restore morbid nerve tissue, but I am sure we have tried faithfully to use all the means known to medical science in the treatment of recent cases, without neglecting the much larger class of those who must look to the hospital as their probable home during the remainder of life. So far as possible every case has been treated as an individual case.

Personal nursing, constant and liberal feeding, and careful administration of medicines have constituted the methods pursued in all cases admitted to this hospital. Liberal, even lavish, treatment of insanity in its early stages is the truest economy, resulting in an increased recovery rate and consequent diminution of the chronic insane. In a previous report your attention was directed to the necessity of having special wards provided for the epileptic insane. Recognizing the advantage of such provision you have wisely planned two wards in the new south hospital, which, when completed, will be used for this class of female patients.

In order to test experimentally the advantage of special care I set apart one ward of the south hospital for epileptic males, in which we have treated twenty cases during the past eleven weeks. These patients are under the care of two attendants from time of rising-bell until 7:30 P. M. At night, or from 7:30 P. M., until rising-bell, under the care of special night attendant. The arrangement consists of two large dormitories 24 feet square, separated by a hall 10 feet wide, where the night attendant sits. The doors of the dormitories are always open, so that the attendant can hear and respond to any noise or motion. He is thus able to render assistance during epileptic seizures, preventing such accidents as are liable to result from being smothered in the pillows or falling from bed. The statistics for eleven weeks are as follows: Number of patients, 20; number of epileptic seizures, by day, 150, by night, 308; total, 458; four had seizures only at night; sixteen had more seizures during the night than during the day; and in only four cases was this order reversed. By

this arrangement we are better able to watch the effects of remedies, diet, and exercise, and at the same time reduce to the minimum the liability to accidents. For the ensuing year we hope to extend this method of special care, until all of the epileptic insane are provided for.

The moral treatment of the patients has been conducted on the same general principles as detailed in previous reports. It has been our aim to classify and group together persons of congenial habits, and thus promote sociability and good feeling. An atmosphere of quiet contentment has prevaded the house to a degree unlooked for, considering its crowded condition. A glance at the program will show that there has been no falling off in the various amusements and recreations provided during the winter, while in summer all are permitted or required to spend several hours of each pleasant day out of doors. The privilege of limited and unlimited parole has been extended to a degree that would have been considered hazardous, if not impossible, ten years ago. Occupation continues as heretofore to form a prominent feature in the administration of this hospital, the daily records showing that more than 50 per cent. of both sexes have been usefully and profitably employed on the farm and grounds, or in the kitchen, laundry, sewing-room, or general housework. If we had a large inexpensive building which could be used for shop purposes I am sure many more of our patients could be occupied at brush or broom making during the winter months when outdoor work is not practicable.

ESCAPES.

The enlargement of parole, previously mentioned, has not resulted in an increased number of escapes. During the year only 34 persons (last year 40) wandered off without permission. Of this number 2 returned voluntarily within a few hours, 16 were brought back after an average absence of four and one-half hours, 13 were returned within three or four days, 1 reached home safely, so much improved that it was considered best to have him remain. Only two are still at large. As both of these men had recovered and were soon to

be discharged, we have overlooked the apparent want of courtesy shown in their hasty departure, and have made no efforts to secure their return.

Whenever practicable it is our custom to send patients to their homes for a visit, or on trial, previous to their discharge. This course is followed in order that the convalescent should be under supervision during his first return to cares and occupations of active life. In case of relapse before the expiration of the period of probation, he can be returned without the delay of procuring new papers.

REPAIRS AND IMPROVEMENTS.

Believing that true economy consists in preserving and improving the buildings and appliances which have been erected under your supervision, we have continued making such repairs as the funds at our disposal would permit. A full record of these improvements would require more space than I have at command. Among the most important may be mentioned the completion and occupancy in April of the infirmary wards for the more excitable female patients; a large sunny day-room and two single rooms in connection with ward A; finishing off six rooms in the attic of south hospital; the erection of a large brick meat-house and cooling-room; new roof over boiler-house, main hospital; new shingle roofs over the farm cottage and the Fallon house; repainting the entire outside wood-work of main hospital; relaying floors at Silver-mine cottage; cementing floors in butter-room, tramways, and closets; placing gas lamp over south door of annex, and near the walk midway between main and south hospitals; together with many minor repairs as they have been needed from day to day. To those of you who are most familiar with the daily working of the hospital it must be evident that the institution is in better condition than at any previous date.

FINANCIAL EXHIBIT.

It affords me pleasure to say that the expense of maintenance, together with repairs and improvements, has been met

by the annual earnings of the hospital. It may be proper also to mention that the hospital has not called upon the State to make special appropriations for maintenance since its opening in 1868. In other words, the hospital has been conducted within its receipts and earnings. The price of board for all during the year has been $3.75 per week. This covers everything except clothing, which is, from choice, generally furnished by friends. If staple provisions remain as at present cost the weekly charge can be reduced to $3.50 without lowering the standard already established.

The appended financial report shows that the revenues for the year were $185,705.32, and the payments $184,856.70. All bills have been audited and paid monthly.

THE FARM.

Under Mr. Sanderson's judicious management the farm continues to be a source of profit to the institution and of pleasure to those of the men who are able and willing to work. In this way fresh vegetables, berries, fruits, and milk are provided liberally.

In addition to the labor performed in the garden and on the farm, much work has been done under Col. Thayer's direction in grading about the new hospital. In this inexpensive way a rough, wet, and unsightly ravine has been transformed into an attractive slope, with a pond and fountain to add beauty and freshness to the whole scene. For the ensuing year many patients can be pleasantly employed in this healthful way. I often wish that we had some useful outdoor employment for the female patients. Their work seems to be restricted to domestic labor indoors; why not set apart a large garden spot for their especial use, and allow them to have the entire charge of it? The experiment is certainly worthy of trial. If successful the advantages of such a project can be scarcely overestimated.

ENTERTAINMENTS.

Again, I have to thank many friends for their assistance in giving private theatrical performances, concerts, lectures, and

readings; and our assistant, Dr. Olmstead, has been indefatigable in managing most perfectly these modes of treatment.

The amusements provided for the patients have been as varied and more numerous than in any previous year.

We value them not only for the good done at the time, but for the good service they do in rousing patients to prepare for them; and they are good as leaving memories which take the patient's attention from himself.

At Christmas we had a large tree and a distribution of presents given by the friends, and every patient received some token of remembrance. The following is a partial list of the evening entertainments:

Sociable, with dancing,	10 evenings.
Lectures, illustrated with stereopticon,	3 "
Roller skating,	9 "
Dramatic entertainment, hospital troupe,	3 "
" " Miss Briggs and pupils,	1 "
Concert, Wesleyan Glee Club,	1 "
Musical entertainment, hospital troupe,	3 "
Christmas tree and concert,	1 "
Reading, Miss Nettie Jackson,	1 "
" Rev. Geo. Lyon, Jr.,	1 "
" Prof. R. G. Hibbard,	1 "
" Mrs. Edna Chaffee Noble,	1 "
Lecture, ventriloquism, H. F. Bryant,	1 "
" "John Wycliff," Rev. T. W. Coit, D.D.,	1 "
" "China," S. C. Partridge,	1 "
" "Coral and the Coral Islands," Rev. J. Wycliff Beach,	1 "
" "The Jeannette Expedition," Raymond Lee Newcomb,	1 "
" "Alaska," Chas. Northend,	1 "
"An evening with Whittier," Young People's Association of the M. E. Church,	1 "
Masquerade party,	1 "
Outdoor concerts, hospital band,	36 "

DONATIONS.

In addition to many gifts made to individuals, the following donations, which I acknowledge with sincere pleasure, were received and used for the general good:

From Mr. R. S. Fellowes, New Haven, Conn., subscription

for the year, three copies of the "Sailors' Magazine," six copies "Sunday Reading," and four calendars of American History.

From the estate of Frederick Marquand, $150 towards the purchase of a piano for the chapel.

Mrs. E. B. Monroe, of Southport, Conn., three large packages of books and magazines.

H. D. A. Ward, Esq., Middletown, several books, magazines, and illustrated papers.

Miss Mary P. Roberts, of Albany, N. Y., twenty books and pamphlets.

J. A. Sumner, Middletown, one volume entitled "Sport with Rod and Gun."

Mrs. Francis A. Ward, Middletown, a package of illustrated papers.

T. S. Gold, secretary State board of agriculture, 13 copies of Agricultural Reports.

Jonathan Kilbourn, Esq., Middletown, package of papers.

M. B. Copeland, Esq., 13 bound volumes, and 21 paper covered novels; also, contribution to the costumes in the amusement hall.

Mr. F. B. Weeks, package of illustrated papers.

Mrs. J. B. Evans, Middletown, package of newspapers.

Mrs. C. A. Piddock, Middletown, package of religious papers.

Henry Bill Publishing Co., Norwich, Conn., one copy of Blaine's "Twenty Years in Congress."

Also from the publishers of the following newspapers, gratuitous copies furnished during the year:

Hartford Daily Courant,	Hartford,	Conn.
do. do. Evening Post,	do.	do.
do. Weekly Times,	do.	do.
Religious Herald, weekly,	do.	do.
New Haven Weekly Palladium,	New Haven,	do.
Tolland County Journal, weekly,	Rockville,	do.
Tolland County Leader, weekly,	do.	do.
Sheltering Arms, monthly,	New York City.	
The Herald, daily,	Middletown,	Conn.
The Constitution, weekly,	do.	do.

The Sentinel and Witness, weekly,	Middletown, Conn.
The Enterprise, weekly,	Naugatuck, do.
The Review, weekly,	do. do.
Bridgeport Standard, weekly,	Bridgeport, do.
Weekly Witness, weekly,	New York City.
The Transcript, weekly,	Portland, Me.
The Regions Beyond, monthly,	London, Eng.

SUNDAY RELIGIOUS SERVICES.

The following clergymen kindly conducted the chapel services during the year:

Rev. T. W. Coit, D.D.,	Middletown, Conn.
Rev. Wm. C. Foster,	"
Rev. John Townsend,	"
Rev. A. W. Hazen,	"
Rev. Geo. Westgate,	"
Rev. W. A. Richards,	"
Rev. Geo. Lyon, Jr.,	Boston, Mass.
Rev. J. W. Tuck,	Middletown, Conn.
Rev. H. R. Phoenix,	"
Rev. P. M. Snyder,	"
Rev. F. Gardiner, D.D.,	"
Rev. C. A. Piddock,	"
Rev. F. S. Hoffman,	"
Rev. Samuel Hopley,	"
Rev. Richard L. de Zeng,	"
Rev. Frank L. Hayward,	"
Rev. Harrison Closson,	"
Rev. William Allen Johnson, D.D.,	"
Rev. J. S. Bayne,	Portland, Conn.
Rev. C. H. Bond,	Middletown, "
Rev. R. Povey,	Portland, "
Rev. W. V. Kelly,	Middletown, "
Rev. E. P. Hammond,	Vernon, "
Rev. S. A. Hayt,	Watertown, N. Y.
Rev. A. C. Denison,	Middletown, Conn.
Rev. Mr. McDuffy,	North Carolina.
Rev. Geo. Prentice,	Middletown, Conn.

CONCLUSION.

It seems but a few days since we were engaged, as to-day, in reviewing the events of the previous fiscal year. Measured by weeks, the time has passed quickly. If all the joys and sorrows, the anxieties and labors, could be measured this

period would seem an age. In a house so crowded as this has been, during the past year, an unusual amount of work and care has been thrown upon all connected with its management.

Standing at its close we have reason to rejoice that so much good has been accomplished, with so few causes for regret. The staff of officers remains the same with one exception. In April Miss Parker, the efficient housekeeper at the south hospital, resigned her office to occupy another of more honor and responsibility. Her place has been judiciously filled by the appointment of Mrs. Ella Waite. I feel under great obligations to the medical and other administrative officers for their cordial and harmonious co-operation in all matters pertaining to the good of the institution, and the comfort and welfare of those committed to its care. For your kindness and courtesy throughout the year, and during the whole period of my official connection with this institution — now more than eighteen years — I beg you to accept my sincere acknowledgments.

Respectfully submitted,

ABRAM MARVIN SHEW, M.D.,
Superintendent.

Middletown, Conn., November 30, 1884.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The board of trustees of the Connecticut Hospital for the Insane beg leave to submit their twentieth annual report.

They would, at the outset, make grateful mention that the Divine Father, who ever watches over his defenseless children, has continued his protection to those deprived of their reason, that have been patients in the hospital, and to those who have taken care of them. There has been freedom from epidemic disease and from unforeseen calamity.

Since the last annual report, dated December 1st, the center building and north wing of the hospital, now known as the "New South," have been completed.

In the month of May it was opened for women. This was a relief to other overcrowded wards, and to towns waiting to send female patients.

The building is found to be remarkably well fitted to the ends for which it was designed. All the light, ventilation, coolness in summer, and warmth in winter, that could with reason be expected are secured. The kitchen and storerooms are convenient. The day-rooms, the dormitories, the halls, the dining-rooms, and the office of the physician were skillfully planned, and are so attractive as to be valuable auxiliaries to the beneficent work of the hospital.

The contractors deserve credit for their fidelity and excellent workmanship. And not less do the committee of the trustees, Messrs. Hayden, Alsop, and Woodward, under whose care the building was erected; that the materials used were so good, and that the cost was within the appropriation.

The last legislature appropriated fifty thousand dollars for an additional wing for men. The construction of this is carried rapidly forward by Messrs. Hayden, English, and Barrows, trustees, who were appointed by the governor commissioners for this business.

The skill of the architects, Mr. David R. Brown of New Haven and Mr. Jasper D. Sibley of Middletown, is in this connection deserving of special recognition.

The whole number of patients in the hospital during the seven months of the year covered by this report was 1,132.

The number remaining June 30, 1885, was 1,019.

For female patients there is room for all who need care.

A more complete classification of patients is one excellent result of the increased accommodations. This affords a better opportunity to cure some, and to benefit many others.

The farm has been well tilled, and has yielded good crops. The increased number of patients requires a larger number of cows. For these the farm furnishes insufficient pasturage. Additional land may be required for this purpose, at an early day.

Many hospitals in the country have provided a house especially for the superintendent and his family. For obvious reasons such an one is desirable here.

Two years ago the trustees appointed a committee to consider this subject. Last year it was determined to undertake the work this year.

During the spring it was decided to put up a suitable house, neat and well proportioned, but not too large or costly. The work is progressing favorably. There is good reason to believe that this will contribute to the health and effective power of the superintendent, and be of permanent advantage to the institution.

The importance of carrying the waste water and the sewage quickly from the hospital buildings is becoming yearly more evident, and has received no little attention heretofore. This year the sewer has been partially rebuilt, and the system extended, so that it drains not only the main hospital, but the south and the new south. The natural slope of the

land eastward enables this to be done at a moderate expense. At the same time it makes useful, not only the liquid but solid sewage, in fertilizing the farm.

In respect to this and other important matters the report of the superintendent and treasurer herewith presented will furnish fuller information.

The fidelity and skill of the superintendent and his assistants to the interests of this institution, and of the unfortunate and defenseles men and women under their care, as in the past, so now deserve recognition and high commendation. The calm and humane spirit in which responsible and often trying duties are performed, is an advantage not only to the patients, but to thousands of their kindred and friends, who are comforted by the confidence that the insane are here in safe hands, and will receive the best and tenderest care.

For this reason if no other, the interior as well as the exterior of the hospital is made inviting, giving to those who enter it for the first time the impression, not of a prison or house of detention, but rather of a large and comfortable mansion, in which as much cheerfulness and as many home comforts will be found as may be of substantial advantage to the patients, and to all who are caring for them.

A visit to the hospital, when it is thus equipped, tends to relieve friends of a heavy burden, as they perceive the attractiveness of the rooms and the spirit of those in charge.

The same influence is exercised, when in favorable weather hundreds of men are seen on the lawn or in the summer house, who have the appearance of persons off duty for a holiday, rather than as belonging to a class that not many years ago were regarded as so destructive and dangerous that they must be restrained by prison bars and chains.

In intelligent care for the insane and in devices to bring rays of comfort to minds clouded and distressed, many of whom would otherwise be friendless as well as poor, the Connecticut hospital has gained a place in the foremost rank of similar institutions on this continent, or elsewhere.

It adds to the satisfaction with which a citizen of Connecticut may regard this great charity, that the whole cost, from

the beginning, has been much less than most of the corresponding ones in other States.

His Excellency Governor Harrison, having resigned his office as trustee on becoming *ex officio* member of the board, ex-Governor English, who in former years rendered the hospital essential service, was elected to fill the vacancy.

The terms of office of the members from New London and Windham counties expire in June next.

We would respectfully request that they be reappointed.

All of which is respectfully submitted.

HENRY B. HARRISON,
SAMUEL G. WILLARD,
CLARK E. BARROWS,
JAMES E. ENGLISH,
HENRY WOODWARD,
ROBBINS BATTELL,
H. P. GEIB, M.D.,
JOSEPH W. ALSOP, M.D.,
ELISHA B. NYE, M.D.,
BENJAMIN DOUGLAS,
H. SIDNEY HAYDEN,
LUCIUS S. FULLER.

Middletown, June 30, 1885.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

Gentlemen — In compliance with the requirements of Chapter XL, Public Acts of the General Assembly, 1885, this twentieth report of the Connecticut Hospital for the Insane covers a period of only seven months from December 1, 1884, to June 30, 1885, inclusive. To those of you who are familiar with the detail history of the hospital, it is not necessary to say that this period has been one of great activity and decided progress in all that concerns the best interests of the institution. A larger number of patients has been under treatment than ever before. A new building erected under your supervision, most complete in all its arrangements, has been opened for the reception of female patients. For the first time in its history the hospital has been able to receive all patients without notice, and vacant rooms are ready for others who may need to come.

So far as I am able to learn, the town almshouses have been relieved of all insane. If any deranged persons are still unprovided for, the blame must rest upon the friends or public officials who have neglected to send them to the hospital. Thus the original purpose of those who were instrumental in founding a hospital for all of the insane of Connecticut has been carried out within a period of nineteen years.

There were in the hospital at the commencement of the year 923 patients, 413 men and 510 women.

During the seven months 209 have been admitted, 103 men and 106 women; making the whole number under treatment 1,132.

The number of patients discharged was 78, of whom 35

were men and 39 were women. There were 39 deaths, 19 men and 20 women.

The average number of patients was 946, of whom 427 were men and 518 were women. The number remaining at this date (June 30th) is 1,019, 462 men and 557 women.

This disparity in numbers between the sexes may be explained in three ways. In Connecticut there are more women than men; a larger proportion of insane men recover or die, while insane women more frequently pass into a state of partial chronic dementia which tends to prolong life. Hence a gradual but steady accumulation of chronic cases. The character of the admissions has not varied essentially from former years. Of the 209, 51 were readmissions, persons who had been inmates of this hospital previously. A majority of these were taken away to make room for more urgent cases and returned as soon as the new building was opened. As showing the unfavorable character of many of the admissions, it should be mentioned that there were 7 cases of general paresis, 10 of epilepsy, 5 of imbecility, and in 42 others the duration of insanity on admission varied from 10 to 40 years. No reasonable hope of recovery can be entertained in any of these cases. *Sixty-five* were acute or recent cases of insanity; that is, in 65 cases the symptoms of insanity dated back less than six months from time of admission. It is in this small class that we find our hopeful cases. Five persons were admitted under 20 years of age — the youngest being only 13.

The oldest person admitted was aged 90, and there were 43 between the ages of 70 and 90 years. I do not suppose that there is a real increase of insanity in persons over 60; for the moral and mental causes of insanity do not then act with such intensity as in earlier periods of life, but there appears to be a growing tendency on the part of friends and public officials to send old people whose peculiarities and eccentricities have become exaggerated; whose powers of self-control have grown less than in middle life. Then, too, I think society has of late become less tolerant of individual morbid peculiarities. I could point to many of these cases that I am sure

would not have been sent to an asylum 25 years ago. All of these persons, however, are weak in mind and body and unable to properly care for themselves. The hospital is therefore doing its legitimate work in receiving them, even at the risk of lengthening its mortuary tables.

Three insane convicts were transferred from Wethersfield prison; one of whom was returned by the medical examining commission after 3 months' observation at hospital.

Of the 209 persons admitted, 129 are supported by the State and towns (paupers), 75 by State and friends (indigents), and 5 by self or friends (paying).

We record five men and two women as not insane. One of these was a case of feigning; while all of the others were simply cases of inebriety.

DISCHARGES.

A report covering a period of only seven months cannot be expected to give valuable statistics, for the time is not long enough to furnish complete results.

Nearly all the cases terminating in recovery were of short duration, and of persons who were brought to the hospital without delay. It is a popular notion that cases of melancholia are most unfavorable. The intense despondency blended with delusions of having committed some unpardonable sin or of being possessed by the devil, causes the intensest emotional disturbance. The common belief is that such cases do not get well. As a matter of fact we find them most curable. A word of caution should be given respecting this class of "religious melancholiacs." They are *all suicidal* or *homicidal*, and the propensity is often the first symptom to be recognized and the last to depart. As a result patients are sometimes discharged too soon, or are taken away by friends before having fully recovered.

We had one such case this year of a very unfavorable character, who made rapid progress towards recovery. Unfortunately, her husband came to visit the hospital and, finding her so much improved, insisted upon taking her home

even against our earnest protest, to place her in a faith cure. Within a few days the neighborhood was aroused by the cry of "murder!" An officer rushed into the house just in time to divert the blow which was aimed at her infant child by this insane mother. She gave as an excuse that "she was going to send the child to heaven."

Change is often beneficial to insane patients. Where a patient seems uncomfortable and not improving, I remove him to another ward where he may have new associates and different surroundings. A complete renovation of a ward or building and the substitution of new furniture is generally followed by marked improvement in the conduct of the patients. They instinctively mend their habits and take better care of themselves. This was shown in a manifest degree in May when the new south hospital was opened. Many of the women transferred to that building had been for years irritable, destructive, and somewhat noisy. A most marked improvement has taken place in their general appearance and behavior.

DEATHS.

With a family of one thousand diseased persons, 43 of whom had passed beyond the age of 70, a large death rate might reasonably be expected. It is therefore the more gratifying to report general good health and a small mortality rate. The total number of deaths (39) is below the average. What is quite unusual the mortality among males is less than among females. The cause of death was tubercular consumption in 9; general paralysis, 4; marasmus, 3; pneumonia, 3; maniacal exhaustion, 3; exhaustion in acute melancholia, 2; erysipelas, 2; disease of heart, 2; old age, 2; and one each from apoplexy, bright's disease, epilepsy, entero-colitis, diarrhœa, gastro-enteritis, hydrothorax, tumor of the brain, and suicide.

The average age of all who died was 48.64 years.

Deaths and their Ratios, from May 1, 1868, to June 30, 1885.

Official Year.	Whole Number of Patients.	Daily Average Number of Patients.	Deaths.			Per cent. on whole Number of Patients.	Per cent. on Daily Average Number of Patients.
			Males.	Females.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225 17	18	3	21	6.12	9.32
1870–71,	307	237.	11	10	21	6.71	8.86
1871–72,	329	242 58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6 25	7.86
1873–74,	524	339.51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5.95	8.45
1875–76,	616	452.64	26	7	33	5.35	7.31
1876, 8 mo., Dec. 1, '76,	548	456.97	9	6	15	2.73	3.28
Nov. 30, '77,	619	463 88	19	12	31	5.01	6.69
1877–78,	629	474.17	27	13	40	6.36	8.43
1878–79,	644	498 34	9	10	19	2.95	3.81
1879–80,	654	514.63	16	14	30	4.58	5.82
1880–81,	881	608.51	32	12	44	5.00	7.24
1881–82,	1079	789.27	47	32	79	7.32	10.01
1882–83,	1113	854.5	43	37	80	7.18	9.36
1883–84,	1103	883.2	34	21	55	4.98	6.22
1884–85,	1132	946.31	19	20	39	3.44	4.12

GENERAL HISTORY.

In my last report I described briefly the special arrangements we had made for the epileptic male patients. In the new south hospital there is a ward arranged for and occupied by the same class of females. These patients are under the care of attendants day and night and a record kept of all the seizures. By this special care such accidents as are liable to result from epilepsy are reduced to the minimum; at the same time we are better able to watch the effects of remedies, diet, and exercise.

The medical and moral treatment of other classes of patients has been conducted on the same general principles as detailed in previous reports.

Believing most thoroughly in the doctrine of "good living," we have prescribed a generous diet of milk, eggs, butter, and cod liver oil in the early stages of insanity with gratify-

ing results. During no previous year have so many of our patients enjoyed limited and unlimited parole.

As we only prescribe mechanical restraint in surgical cases, the daily record of restraint has not reached one quarter of one per cent. Occupation in the garden or on the farm continues to form a prominent feature of the daily life of our male patients, while the women who are able render valuable assistance in the ward work, sewing room, kitchen, and laundry.

During the pleasant months all others, who are physically able, are out of doors from two to six hours daily. Notwithstanding the increased opportunities afforded, the number of attempted escapes has lessened year by year. We continue to find our four farm cottages convenient and useful adjuncts in providing for the quiet chronic insane.

Among the many improvements made during this period, should be mentioned the painting of the walls of the dormitories and halls of the south hospital; also the removal of the wood floors of water-closets and bath-rooms, and the substitution of iron joist, brick arches, and slate tile floors; to give increased ventilation, two brick flues 3 x 3, were carried up from the cellar to 9 feet above the roof, in which a strong upward current is created by the heat from the hot-water boilers placed at the base; many of the wards in the main hospital have been repainted in a tasteful and cheerful manner. On ward 2 a large room formerly used as a dormitory has been furnished as a pleasant day room or parlor. Such a renovation of a house has many advantages besides the extra comfort it affords.

In the meantime we have not been idle out of doors; never before were the lawn, flower beds, and garden so attractive; and during the whole season about forty male patients have been at work grading around the new south hospital; we have at last finished the main sewer and its branches, and are thus relieved of solicitude respecting the distribution of its contents. At this early date (July 1st), nothing can be said respecting the farm products, except that all the indications are favorable to a large crop.

FINANCIAL EXHIBIT.

During the period covered by this report the hospital has received for all public patients $3.50 per week. Fortunately, the cost of fuel, lights, and necessary provisions has been generally lower than in previous years, and we are able to make all repairs and improvements and show a balance on the credit side. For details I refer you to the accompanying financial tables.

ENTERTAINMENTS.

The monotony of hospital life during the long winter evenings was relieved by a variety of entertainments, such as dramatic representations, concerts, lectures, and readings. In the summer evenings the hospital band has given outdoor concerts twice every week. The following list serves to show the variety and character of the entertainments provided:

Concert, hospital troupe,	2	evenings.
" Wesleyan Glee Club,	1	"
Dramatic entertainment, hospital troupe,	2	"
Roller skating,	1	"
Sociable, with dancing,	11	"
Lecture, illustrated with stereopticon, "The Indians," by Frederick Gardiner, Jr.,	1	"
" illustrated with stereopticon, "China," by Yan Phou Lee,	1	"
" illustrated with stereopticon, "California," by Dr. A. M. Shew,	1	"
" illustrated with stereopticon, "The Adirondacks," by Dr. A. M. Shew,	1	"
" "Egypt and the Nile," by Rev. S. D. Phelps, D.D.,	1	"
" "The Alps," by Rev. C. A. Piddock,	1	"
" "Ceylon and India," by Mr. G. W. Leitch,	1	"
" "Nebraska," by Rev. M. A. Holt,	1	"
Reading, Edward Fabian,	1	"
" Mrs. Edna Chaffee Noble,	1	"
" Mr. D. G. Lawson,	1	"
" Miss Janie G. Savage,	1	"
" Miss Louisa Leslie,	1	"
" Prof. S. T. Ford,	2	"
Outdoor concerts, hospital band,	19	"

From the estate of Frederic Marquand, $150, to be used for the benefit of the patients.

Mrs. M. G. Perry, Southport, Conn., a box of books and magazines.

Mr. T. S. Gold, Secretary State Board of Agriculture, copies of Agricultural Reports from this and other States.

H. D. A. Ward, Esq., Middletown, illustrated papers, magazines, and several books.

M. B. Copeland, Esq., a large package of bound volumes and magazines.

Prof. W. O. Atwater, books and magazines.

William E. Thomas, Esq., one copy of Estey's Organ Method.

Mr. Charles E. Lyman, Middlefield, a wagon-load of early apples.

Mr. George S. Parmelee, Middletown, six books.

Also, the publishers of the following newspapers gratuitous copies furnished during the year:

The Courant, daily,	Hartford.
The Post, daily,	Hartford.
The Times, weekly,	Hartford.
Religious Herald, weekly,	Hartford
The Palladium, weekly,	New Haven.
Tolland County Journal, weekly,	Rockville.
Tolland County Leader, weekly,	Rockville.
Sheltering Arms, monthly,	New York.
The Herald, daily,	Middletown.
The Sentinel and Witness, weekly,	Middletown.
The Constitution, weekly,	Middletown.
The Enterprise, weekly,	Naugatuck.
The Review, weekly,	Naugatuck.
Bridgeport Standard, weekly,	Bridgeport.
Weekly Witness, weekly,	New York.
The Transcript, weekly,	Portland, Me.
The Regions Beyond, monthly,	London, Eng.
Prairie Home, weekly,	Carthage, Dak.

SUNDAY RELIGIOUS SERVICES.

Rev. T. W. Coit, D.D.,	Middletown, Conn.
Rev. William North Rice,	"
Rev. John Townsend,	"
Rev. Harrison Closson,	"
Rev. C. A. Piddock,	"
Rev. W. A. Johnson, D.D.,	"
Rev. W. V. Kelley, D.D.,	"
Rev. W. C. Foster,	"
Rev. John Binney,	"
Rev. C. A. Bond,	"
Rev. F. Gardiner, D.D.,	"
Rev. J. E. Allen,	"
Rev. Richard L. deZeng,	"
Rev. F. S. Hoffman,	"
Rev. J. W. Tuck,	"
Rev. Richard Povey,	Portland, Conn.
Rev. A. W. Holt,	Cromwell, "
Rev. L. J. Dudley,	" "
Rev. D. M. Pratt,	Higganum, "

CONCLUSION.

No changes have occurred among the officers since our last report.

I cannot close without once more expressing the deep obligation I am under to those who are associated with me in this work, for their continued and efficient service. To the members of your board I am greatly indebted for hearty and intelligent co-operation and personal kindness. For all our blessings, and for that protection which has guarded us from many dangers, renewed acknowledgments are due to an overruling Providence. Reverently invoking His blessing, I again commend this institution to your continued oversight, and to the fostering aid of an enlightened commonwealth.

Respectfully submitted,

ABRAM MARVIN SHEW, M.D.,
Superintendent.

Middletown, Conn., June 30, 1885.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The board of trustees of the Connecticut Hospital for the Insane, at the completion of twenty years from its organization, respectfully present their twenty-first report.

As reported last year, the erection of the wing, completing the new south hospital building, was by Governor Harrison placed in charge of Messrs. Hayden, English, and Barrows trustees, who have finished the work of building and furnishing the same for less than the appropriation of fifty thousand dollars.

They have the pleasure of returning to the State treasurer a balance of two thousand dollars.

This building, which was designed for and is used by the epileptic and other chronic insane, will accommodate three hundred.

It is found well adapted for its purpose, and at a cost of only four hundred dollars for each patient. They have large, well-lighted and ventilated dining, day, office, and reception rooms, dormitories and single rooms.

The interior arrangements are so complete in design and finish as to be universally admired by experts from far and near, who have examined and adopted them as models for other buildings for a like purpose.

The cottage required for the residence of the late superintendent, mentioned in the last report as in process of construction, has been completed and occupied.

It is gratifying to reflect that the last weeks of the lamented Dr. Shew's life were spent in this quiet retreat from the noise

and bustle of the hospital building, where he was much more comfortable than he would otherwise have been.

The trustees have long felt the need of additional pasture land. Availing themselves of an opportunity to purchase, they have secured seventy acres well adapted to their wants in Middlefield, for the sum of $1,450. On this land they have pastured seventeen head of cattle during the summer.

Other needed facilities and conveniences for the care of the large and increasing family have been required and furnished. To this work of twenty years they respectfully invite the members of the general assembly and the people of our honored commonwealth. They have now accommodations for twelve hundred and fifty patients and one hundred and fifty others, whose duty it is to provide and care for these afflicted ones. They hope and trust this will be found sufficient.

At the first you did not require them to furnish accommodations for insane convicts, but as soon as possible after the passage of the present law, they provided a separate building for this class. They respectfully report that they find serious inconvenience in the practical working of this department.

As the State is now providing better accommodations at Wethersfield, they hope your committee on State prison will afford individual members of the board and others deeply interested in this matter an opportunity to explain the wrong of the present system.

The associating the work of a prison, with its bolts and bars, with that of a curative institution, is not in the interest of humanity. As it is known to those inside the prison walls and to their friends outside that desirable transfers can be obtained through a commission, there have been frequent demands for changes, although so far as they can learn none of their patients have desired a transfer to Wethersfield.

In their opinion, you should furnish complete accommodation inside your prison walls for all convicts, whether in sickness or health, sane or insane.

By the provisions of the will of the late George Atwater,

and on final settlement of the estate by the executor, the hospital has come into possession of a fund amounting to twenty-one thousand five hundred and forty-nine dollars and seventy-one cents ($21,549.71) to be kept separate from the other property of the hospital, and known as the Atwater Fund.

This amount has been deposited with their treasurer, and is to be kept invested under the direction of the trustees.

The annual income from this fund is to be used for the support of the insane poor of Connecticut, giving preference to those belonging to the town of Hamden.

By the will of the late Mrs. Mary L. Townsend of New Haven, the executor, Judge Hayden, is directed to safely invest and deposit a sufficient amount with the trustees, the interest of which will be sufficient to provide for all time a bed at the hospital, to be known as the Townsend bed; the executor to name the patient thus provided for.

This is the first opportunity afforded them of reporting individual help in providing accommodation for the insane. This supplementing the noble work of the State, from whom they have received liberal appropriations, is a pleasure to the trustees, affording evidence of the undiminished confidence of the public. They hope other sums may be received, but trust it may not all come through the executors, but rather that individuals during life should provide free beds; visit the hospital and witness its practical working, and thereby learn it is more blessed to give than to receive.

In the nineteenth report they made mention of the death, on the 10th of March, of their lamented friend and fellow co-trustee, Richard S. Fellowes of New Haven, who had for many years prepared their reports.

The kind words there expressed and their sorrow for the loss of one so dear to them and useful to the State were written by the trustee from Colchester, Rev. S. G. Willard, who is their valued secretary. His voice and pen have rendered important help these twenty years, and at their last quarterly meeting by unanimous vote Rev. Mr. Willard was

requested to write this report, but alas! this is not to be, as it is the will of our Heavenly Father that others must, as best they may, stand in the lot, and do the work so long and well done by him. He is on a bed of sickness, having been stricken down several months since. They continue to hope and pray that he may be spared and restored to them, but if not, as Christian men engaged in a work of charity and mercy, in deep humility will say "Thy will be done."

Before they close this report, one duty yet remains. The charter granted at the May session, 1866, directed your trustees after selecting a suitable site for the hospital to elect a superintendent who should personally assist in the erection of the buildings. Fortunately they made choice of Dr. A. Marvin Shew to attend to and direct this matter. For twenty years Dr. Shew was with them; of his personal worth and valued services they have made frequent mention. No one could have accomplished more in hastening forward the work, or have taken better care of the afflicted ones sent to the hospital. He had marked executive ability; inspired hope in the patients; confidence on the part of the public and of those associated with him. Suitable testimonials will be found on their record book. He died on Monday, the 12th of April. Death was occasioned by a fall on the stairway of the main hospital which injured the spinal cord at the base of the brain, and though not supposed fatal, after some weeks of suffering terminated in apoplexy.

They are fortunate in filling the vacancy thus made by the appointment of Dr. James Olmstead, who has been first assistant physician for ten years, and is well qualified to fill the office of superintendent.

For full particulars of the movement of population, number of individuals cared for during the year, the products of the farm, amount paid for various articles purchased, etc., they refer you to the separate reports annexed.

The terms of office of members from New Haven and Middlesex counties expire in June next, and of Litchfield and Fairfield counties expire in 1888 during the recess of the legislature.

HENRY B. HARRISON,	*New Haven.*
JAMES E. ENGLISH,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
H. P. GEIB, M.D.,	*Stamford.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
SAMUEL G. WILLARD,	*Colchester.*
CLARK E. BARROWS,	*Eastford.*
JOSEPH W. ALSOP, M.D.,	*Middletown.*
BENJAMIN DOUGLAS,	*Middletown.*
ELISHA B. NYE, M.D.,	*Middletown.*

MIDDLETOWN, June 30, 1886.

The Building Committee of 1886 for the completion of the New South Hospital, were authorized to expend fifty thousand dollars. Fortunate in their contracts and with their contractors, they expended forty-eight thousand and returned two thousand dollars to the State, trusting thereby to present an object-lesson to others having a like duty.

[CERTIFICATE.]

The books of the Treasurer's Office show the return of the above mentioned sum, and the Treasurer's Report for 1887 contains that item among the receipts.

B. F. MARSH,
For Treasurer.

HARTFORD, CONN., April 8, 1895.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN — The report of the operations of the hospital during the fiscal year ending June 30, 1886, is presented with sadness and a deep sense of the loss sustained in the death of that able and accomplished superintendent, who from the birth of this institution until now has been your agent in managing its affairs. Those whose daily duties were most intimately associated with his, cherish most tenderly the memory of the genial traits of character which endeared him to us, and still feel his influence over us, months after that solemn April morning when he "fell asleep."

During the past year our cares have not been light. At its beginning 1,019 patients were in the hospital, and in the following twelve months 361 persons were admitted — 175 men and 186 women; making the total number under treatment 1,380. The discharges, including deaths, were 234 — 114 men and 120 women; leaving in the hospital at the end of the year 1,146 patients. The average number present was 1,077.84, of whom 487.86 were men and 589.98 were women.

ADMISSIONS AND DISCHARGES.

A large majority of the admissions, *viz.*, 322 out of 361, were by order of the probate court; 13 persons were sent by the criminal courts, and 12 by order of the Governor; of these 6 were convicts transferred from prison, and 6 were soldiers or seamen honorably discharged from service in the Civil War. Only 14 were admitted whose friends paid their entire expenses.

Three persons, committed to our care in consequence of incorrect opinions as to their mental condition, remained under observation long enough to remove all doubt of their sanity, and were discharged as not insane.

As the appended tables show in detail, 18 of those admitted were in a state of senile decay; 20 were laboring under other than the first or second attack of insanity; 43 presented essentially incurable conditions, such as long-standing epilepsy, imbecility, or paresis; no less than 140 persons were brought to the hospital after the protracted duration of their malady had destroyed all reasonable hope of recovery.

Notwithstanding such unfavorable elements as these, we were enabled to discharge 73 persons as recovered, and 29 others so greatly improved that they could again participate, to some extent at least, in the duties and pleasures of their home life. In some of these cases grateful letters from themselves or their friends (who little imagine how much such welcome intelligence cheers and strengthens asylum workers) assured us that the improvement, begun here, continued until the patient was practically well. In this connection it may be permitted to emphasize the oft-mentioned importance of early treatment. As clearly shown in table XVII, about 50 per cent. of those admitted during the first three months of their illness have recovered. But the ratio regularly diminishes the longer treatment is postponed. Thus does the unwise reluctance of people to "incarcerate," as they sometimes say, their friends in a hospital, stand in the way of their advantage. However, there is at least this satisfaction — when they do avail themselves of opportunities to become acquainted with the institution, with the benevolent aims and earnest endeavors of those devoted to its success, prejudices and unreasonable suspicions are dispelled from candid minds.

Not by any means the weakest factor in giving a favorable impression to newcomers and in contributing to the progress of patients toward recovery has been the erection of isolated buildings for the accommodation of chronic cases, many of whom — untidy, destructive, epileptic, demented — would obviously exert a painfully depressing effect upon some curable cases formerly of necessity associated with them. But as new wards have been provided, these old cases have been transferred, and this process of elimination has been

followed by a gradual renovation of old wards — removing prison-like guards, introducing new and more home-like furniture — until the contrast has become quite marked between the present aspect of the wards into which new patients are ushered and the appearance of the same wards five or more years ago. To a patient entering the hospital to-day there is very little that suggests the proximity of a large number of chronic insane; and the latter, while far enough away to prevent the exercise of any injurious influence, are near enough for convenience in caring for them and in providing most economically everything necessary for their comfort.

DEATHS.

The ratio of deaths during the year to the average number present was 7.14, which is below that of the majority of previous years, as shown by the customary table of deaths and their ratios from May 1, 1868, to June 30, 1886:

DEATHS AND THEIR RATIOS FROM MAY 1, 1868, TO JUNE 30, 1886.

Official year.	Whole number of patients.	Daily average No. of patients.	DEATHS.			Per cent. on whole No. of patients.	Per cent. on daily average No. of patients.
			Males.	Females.	Total.		
1868–69,	268	85.47	14	1	15	5.59	17.57
1869–70,	343	225.17	18	3	21	6.12	9.32
1870–71,	307	237.00	11	10	21	6.71	8.86
1871–72,	329	242.58	9	6	15	4.55	6.18
1872–73,	336	264.53	12	9	21	6 25	7.86
1873–74,	524	239.51	18	17	35	6.67	10.30
1874–75,	605	425.80	21	15	36	5 95	8.45
1875–76,	616	452.64	26	7	33	5.35	7 31
1876, 8 mos.,	548	456.97	9	6	15	2.73	3.28
1876–77,	619	463.88	19	12	31	5.01	6.69
1877–78,	629	474.17	27	13	40	6.36	8.43
1878–79,	644	498.34	9	10	19	2.95	3.81
1879–80,	654	514.63	16	14	30	4.58	5 82
1880–81,	881	608.51	32	12	44	5.00	7.24
1881–82,	1079	789.27	47	32	79	7.32	10.01
1882–83,	1113	854.50	43	37	80	7.18	9.36
1883–84,	1103	883.20	34	21	55	4.98	6.22
1884–85, 7 m.,	1132	946.31	19	20	39	3.44	4.12
1885–86,	1180	1077.84	37	40	77	5.57	7.14

In 13 instances death appeared due solely to the exhausting action of mental disorder. In other cases pathological changes in various organs reached their inevitable termination; thus 17 deaths resulted from pulmonary consumption, 4 from general paresis, 3 from diseases of the heart, 5 from apoplexy. In one instance an accident, which could not have been foreseen, resulted in the death of a patient. As you are aware, such procedures as the law requires were promptly taken, and the hospital management was exonerated. It is gratifying to be able to note that no deaths were occasioned by suicide or homicide; and this notwithstanding the fact that an unusually large number of suicidal cases were under our care during a portion of the year, causing us extreme anxiety and necessitating especial watchfulness on the part of additional attendants. Of those who died, 15 had passed their seventieth birthday and 19 had for ten years or longer lived under the dark cloud of incurable insanity. For such souls what a happy release it is to leave the body! Of them truly may it be said, "'Tis the great birthright of mankind to die."

OCCUPATION

Of patients is an element of treatment which receives increased attention year by year as the old shackles of mechanical restraints drop off. Each case when admitted is, of course, made the object of individual study: this one requires supporting treatment, that one sedatives. But when acute symptoms are succeeded by convalescence, and for the great mass of permanent residents, whose only home is an asylum, the foremost question is what can be done to divert their attention from hallucinations, to stop them from nursing their delusions, to retain (when recovery is impossible) at least a remnant of intelligent activity.

During the last three months of the year the experiment of having some of the convict insane do the work of mending men's garments proved successful, and we anticipate enlarging the sphere of their usefulness. Some patients, who are on parole and are not counted as workers, cheerfully exert

themselves for the common good: for example, to one of them, a joiner by trade, we are indebted for the construction this summer of a commodious rustic arbor on the southern portion of the grounds. But the problem of occupation is far from solution, and no duty taxes more severely the ingenuity and resources of physicians in charge of the chronic insane.

The accompanying table, taken from the attendants' daily reports June 30th, gives a partial idea of the occupations of our patients, and shows that more are roused from listless idleness than perhaps the casual visitor, hastily inspecting, would suppose:

OCCUPATION.	Males.	Females.
Farm,	41	..
Stables,	14	..
Grounds,	45	..
Workshops,	3	..
Furnaces,	9	..
Bakery,	4	..
Laundry,	5	31
Kitchens,	20	12
Dining-rooms,	60	40
Wards,	66	50
Centers,	3	4
Sewing-rooms,	..	28
Sewing in ward,	7	37
Totals,	277	202

In urging rational activity we are often opposed by the indolence of patients or by various arguments springing from their delusions, and sometimes we are hampered by the ignorance of friends who do not appreciate the evils of inertia. Much depends on the earnest coöperation of nurses and other attendants who are alive to their responsibilities and ready to sacrifice their own comfort for the welfare of their patients.

All patients who are able at least walk out daily, and during the warm weather the wards are for hours practically de-

serted. Almost every summer day, unless it is too hot and dusty, women from different wards in rotation go out for a drive. Some of both sexes enjoy the privilege of walking about the grounds unattended, and a few have more extended parole. With these liberties it is natural that occasional attempts to escape should occur. During the year, however, only 2½ per cent. of those under treatment succeeded in thus making their exit — a number within the average of previous years. It is especially gratifying to note the fact that no escape resulted in any injury to persons or property. Some quietly walked home and either remained there permanently after a visit returned to the hospital; others came back voluntarily or were brought back after a brief absence.

As during many years past, the utmost freedom is granted the men, who to the number of nearly 100 occupy the old dwelling-houses under your control. They go in and out at pleasure, and at the farm cottage all are workers.

ACCOMMODATIONS.

Owing to the fact that the females in the hospital population always outnumber the males, the new South Hospital was, on its completion, devoted entirely to women, for whom there is now plenty of room. Difficulty in accommodating male patients is, however, to be apprehended.

IMPROVEMENTS.

To keep in repair so large a property, exposed to the misuse of irrational persons, is a task requiring the closest attention and constant mechanical labor. In your monthly inspections you have observed that this important work was not neglected.

The growth of the institution having created the necessity of more systematic methods in the keeping and distribution of stores, these matters were in the spring placed under the charge of a storekeeper, who receives goods, issues supplies on requisitions from housekeepers or other proper persons, and is able to show an accurate account of what

is given out. At this date (June 30th) the new system has begun to run smoothly and bids fair to prove satisfactory. For a storehouse the substantial brick building which had been occupied as a joiners' shop was so conveniently situated and in every respect so appropriate that you wisely put it to that use. A plain wooden structure 100 feet long by 30 feet wide, with a Mansard roof, which makes it practically two stories high, was erected for a joiners' shop. A 15-horse-power engine was provided as motor for the machinery with which the shop is equipped.

One of the most noteworthy improvements of the year was laying an asphalt walk 5 feet wide and 1,760 feet long in front of the three principal hospital buildings. At all times, and especially during the stormy weather of winter, this walk has been highly appreciated by the large number of persons having occasion to use it.

As an additional safeguard in case of fire four iron ladders reaching from the roof nearly to the ground have been attached to the walls of the main building, with platforms accessible from windows on each floor, the approaches being under the control of attendants.

Owing to the constantly increasing amount of laundry work, more room was needed for sorting tables and for drying apparatus. A small addition, 14 feet by 25 feet, two stories high, was therefore made to the laundry.

An upright tubular boiler, which you purchased for summer use at the middle hospital, does satisfactory service, supplying steam enough for cooking and for hot-water boilers in that building, with a much less amount of coal than heretofore.

During the year much has been done in the way of grading around the new hospital building, and this portion of the grounds, in spite of natural disadvantages, already gives promise of becoming as attractive as any.

THE FARM,

That great exercise ground for patients, has contributed largely to their sustenance, as shown by the appended report of products. Every year something is done toward improving the land under cultivation. The extension of the main sewer has permitted a more systematic distribution of sewage over larger areas, and the result will undoubtedly prove more and more profitable. During the past year or two our farmer has been provided with facilities for boiling refuse bones from the slaughter-house and kitchens; after boiling, these are ground and used with advantage as a fertilizing agent.

The importance of the ice crop and the frequent necessity of gathering it expeditiously led to the construction last fall of a rectangular basin 330 feet long and 100 feet wide, so located that cakes of ice would run on a slightly inclined plane directly to the ice house. This artificial pond was filled from our water pipes when the reservoirs were overflowing, and the full supply of ice (800 tons) was housed more quickly and economically than ever before.

FINANCES.

The price of board for all beneficiaries has continued at the rate of $3.50 a week, and all the expenses of the hospital have been met by the revenue derived from the board of patients. In the appendix may be found the annual financial statement and an abstract of vouchers, which gives in detail an exhibit of expenditures.

ENTERTAINMENTS

In the amusement hall relieve the tedious length of many a winter evening. They are eagerly anticipated and greatly enjoyed by our patients. To the good friends who at much personal inconvenience generously contributed in this way to the pleasure of the unfortunate, hearty thanks are due. The following list gives an idea of the variety and quality of these performances:

READINGS.

Mrs. Noble and Miss Daisy Ives,	1 evening.
Mr. Edward Fabian,	1 "
Miss Nettie Taylor,	1 "

MUSICAL AND DRAMATIC ENTERTAINMENTS.

Hospital Troupe,	6 evenings.
Wesleyan Students,	1 "
Company from Hartford Retreat,	1 "

LECTURES.

"Whale Fisheries," Mr. Charles Northend,	1 evening.
"Reminiscences," Mr. Charles Northend,	1 "
"Electricity," Mr. A. B. Morrill,	1 "
"Indian Manners and Customs," Capt. D. A. Tibballs,	1 "
"Switzerland," Rev. C. C. Salter,	1 "
"Rome," Rev. C. C. Salter,	1 "
"Trip in Europe," Mr. Edward Douglas,	1 "

MISCELLANEOUS ENTERTAINMENTS.

Concert, Hospital Orchestra assisted by Mrs. T. M. Davis,	1 evening.
Sociable with dancing,	10 "
Cantata, "Jephthah," by friends from South Farms Methodist Church,	1 "
Ventriloquism, Mr. H. T. Bryant,	1 "

At many of the entertainments the hospital orchestra has rendered valuable assistance, and in summer the hospital band has been encouraged for the sake of frequent open-air concerts on the lawn.

RELIGIOUS SERVICES

Are held every Sunday afternoon in the hospital chapel, which is filled with an appreciative audience. To clergymen of all denominations, living in this and neighboring towns, we are indebted for their kindness in conducting these exercises and in ministering consolation at the bedside of the sick.

DONATIONS.

We desire to acknowledge with thanks the following donations:

Mrs. E. B. Monroe, bound volumes of Illustrated Christian Weekly.
Mr. C. E. Church, bound volumes of N. Y. Tribune and several books.
Mr. E. W. N. Starr, a copy of Holbrook's Military Tactics.
Mrs. S. B. Davis, bound volumes of the Cultivator.
Mr. L. R Hazen, reports relating to the Worcester Lunatic Hospital.
Mr L. R. Hazen, the Century Magazine for the year.
Hon. Robbins Battell, large oil painting.
Chas. Scribner's Sons, Encyclopædia Britannica.
Mr. H. D. A Ward, Monthly Meteorological Reports, illustrated papers and magazines.

Also, the publishers of the following newspapers for gratuitous copies regularly received:

Hartford Daily Courant, ...	Hartford, Conn.
" Evening Post, ...	" "
" Weekly Times, ...	" "
The Religious Herald, weekly, . . .	" "
New Haven Weekly Palladium, . . .	New Haven, Conn.
Tolland County Journal, weekly, . .	Rockville, "
" " Leader, weekly, . .	" "
Sheltering Arms, monthly, . . .	New York, N. Y.
The Herald, daily, ...	Middletown, Conn.
The Sentinel and Witness, weekly, . .	" "
The Constitution, weekly, . . .	" "
Bridgeport Standard, weekly, . . .	Bridgeport, "
Weekly Witness, weekly, . . .	New York, N. Y.
Prairie Home, weekly, ...	Carthage, Dak.

Recent newspapers, the illustrated weeklies and monthlies, are seized with avidity, and we would be glad to get more of them.

CONCLUSION.

When you called me from the agreeable duties of previous years to a post of greater responsibility, the cordial support of the experienced officers with whom I had so long been associated was of inestimable value and is gratefully appreciated. Dr. Stanley was fully prepared to take charge of the

male patients in the main building and no addition to the staff was required.

Thankful acknowledgments are also due to all in various departments of labor who have faithfully served the hospital and contributed their talents to the advantage of the patients.

With the assistance of those thus devoted to duty, and with the blessing of the Heavenly Father, it may be confidently expectly that this grand charity, wisely entrusted to your charge, will continue to accomplish its beneficent work.

Respectfully submitted,

JAMES OLMSTEAD, M.D.,
Superintendent.

Middletown, Conn., June 30, 1886.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut, January Session, 1889:

The Board of Trustees of the Connecticut Hospital for the Insane respectfully present this their twenty-second report, which covers the two years from June 30, 1886, to June 30, 1888.

By referring to the superintendent's report and the several reports which accompany it, it will be seen that the general condition of the institution is most satisfactory, and that the State has good cause to congratulate itself on the result of the liberal and humane policy it has invariably pursued for the relief and care of its insane. Owing to the large increase in the number of patients, the expense of their keep per capita is less, therefore the trustees feel justified in reducing the price of board after the 1st of November next from $3.50 per week to $3.20 per week.

Since the last report to your honorable body the following additions and improvements have been made without calling on the State for any especial appropriation, namely:

An addition to each side of the main entrance of the middle hospital for medical offices and reception rooms — a want much felt heretofore.

Addition of work-room to the annex, which has proved of great benefit, affording good accommodation for the employment (which is very necessary to health) of the convict and criminal patients therein confined, of which there are now sixteen convicts and nine criminals.

Erection, long had in contemplation, of a greenhouse and conservatory on the south side of the main hospital.

Erection of cottage east of the annex for the patients who

work out of doors, some seventy in number, and the hired farm laborers, by which we have been able to give up the "Silver-mine house," leased for some years past, which was ill adapted to such uses and inconvenient from being at a distance from the center.

Erection of coal-bunkers in connection with the middle and south hospitals.

Laying new and larger water-main from the lower reservoir to the hospital, thus affording an abundant supply of water in any emergency.

Laying asphalt and flag-stone walks.

Erection of an isolated brick building for painter's supplies, thus decreasing the danger of fire arising from the storage of such material.

At the last session of the General Assembly James G. Gregory, M.D., of Norwalk (formerly one of the board), was appointed trustee for Fairfield county, to date from July 1, 1888.

The Governor appointed Costello Lippitt, Esq., of Norwich, to fill the vacancy for New London county, caused by the death of the Rev. Samuel G. Willard.

Owing to the change of law as to the appointment of trustees (see Chap. 5, Sec. 38, of the Public Acts of 1887), whereby the number of the "Local Trustees" is increased from three to four, and the appointment made by the Senate, instead of by the board of trustees, as heretofore, L. M. Leach, Esq., of Durham, was appointed as the fourth "Local Trustee" at the January session, 1887.

J. W. Alsop was elected secretary of the board of trustees, to succeed the late Rev. Mr. Willard.

During this session of the General Assembly there should be appointed the following trustees: For Hartford and Tolland counties, whose terms expire July 1, 1889; for Windham and New London counties, whose terms expire July 1, 1890; in place of two "Local Trustees" whose terms expire respectively December 1, 1888, and December 1, 1889.

A legacy of $1,000 has been received from the estate of

George D. Sargent of Hartford, the income to be applied to the comfort of a patient named in the will during her lifetime, and after the principal to revert in fee to the hospital.

We would especially call attention and careful consideration to those parts of the superintendent's report referring to the increases during the last ten years in the number of insane needing care, which has exceeded even the liberal accommodation provided for them by the State, and to the need of more land for farming purposes, the power to purchase real estate, without special act of the legislature, having been taken from the board in a revision of the statutes.

The thanks of the board are due to our able superintendent, James Olmstead, Jr., M.D., and to his most capable staff, and to all the heads of departments, for the efficiency and heartfelt interest shown in their work.

Respectfully submitted,

PHINEAS C. LOUNSBURY,	*Ridgefield.*
H. SIDNEY HAYDEN,	*Windsor.*
LUCIUS S. FULLER,	*Tolland.*
COSTELLO LIPPITT,	*Norwich.*
CLARK E. BARROWS,	*Eastford.*
JAMES E. ENGLISH,	*New Haven.*
HENRY WOODWARD,	*Middletown.*
ROBBINS BATTELL,	*Norfolk.*
JAMES G. GREGORY, M.D.,	*Norwalk.*
JOSEPH W. ALSOP, M.D.,	*Middletown.*
ELISHA B. NYE, M.D.,	"
BENJAMIN DOUGLAS,	"
LEVERETT M. LEACH,	*Durham.*

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

Gentlemen — Complying with the by-laws which you have established, it becomes my duty to submit to you a report of the condition of the hospital during the biennial period ending June 30, 1888.

The changes in the number of patients under treatment have been as follows:

	Males.	Females.	Total.
Present July 1, 1886,	523	623	1,146
Admitted,	375	395	770
Discharged,	330	294	624
Present June 30, 1888,	568	724	1,292

Of these 1,292 patients

1,179 were committed to the hospital by the Probate Courts.
12 were committed by their friends as private patients.
17 were committed by the Soldiers' Hospital Board.
21 were committed by the Governor's order.
3 were committed by the County Commissioners.
46 were committed by the Superior Court.
14 were committed by the Police Courts.

The last day of the fiscal year finds these patients distributed in the several buildings as follows:

In the Main House,	508
In the Middle House,	370
In the South House,	278
In the Annex,	31
In the Main Cottage,	42
In the Farm Cottage,	19
In the Fallon Cottage,	20
In the Roberts Cottage,	23
In the Carter Cottage,	1
Total,	1,292

And in taking care of them the resident officers are aided by 179 persons, employed thus:

93 in the wards and sewing-rooms.
33 in the kitchens and bakery.
18 in the laundry.
14 on the farm and gardens.
16 mechanics.
5 miscellaneous help.

That comparatively so few should suffice for the care of so many would be surprising were it not borne in mind that a large number of the insane habitually participate in various industrial pursuits and thus lessen the aggregate cost of support, while getting for themselves the benefit of occupation. In the summer more (in the winter a little less) than half of the male patients are employed, and at all seasons about 40 per cent. of the women. Nevertheless, the question is often asked, Why are so many patients to be seen absolutely idle? In reply, take for instance a bright June day when work enough awaits all who can be induced to do anything, and the record is thus tabulated. For the form of the table credit is due to the reports of the South Yorkshire Asylum at Wadsley, England.

NUMBER OF PATIENTS IDLE AND REASONS FOR IDLENESS.

	Males.	Females.	Total.
Sick, or too feeble,	27	50	77
Aged and infirm,	31	70	101
Too low spirited,	14	33	47
Too much excited,	20	53	73
Too little mind,	120	193	313
Able, but unwilling,	38	84	122
Total number of patients idle,	250	483	733

Another frequent question is, How many of these people are likely to recover? And in reply candor permits hopeful prophecies in comparatively few cases. This may be inferred even from the single fact that 86 per cent. of the 1,292 patients remaining at the end of the year (table XXVI) have been insane longer than twelve months, and have thus

passed the limit within which (table XIX) most recoveries occur. More than half of them, by the way, have been inmates of the hospital longer than five years. Furthermore, the other points to be considered in prognosis, such as the form of insanity, hereditary influences, vicious habits, the depressing effects of poverty or disease, oftener darken than brighten the outlook. Nevertheless, of the whole number admitted since the opening of the hospital, nearly 21 per cent. have recovered after being under treatment usually several months, exceptionally several years, as detailed in table XVIII. The majority of these persons were brought to the hospital within six months after insanity developed (table XVII), and had never been insane before. Thus of the 177 persons who recovered their reason during the last two years 116 (62 per cent.) had experienced their first attack of insanity, 33 the second, 9 the third, 4 the fourth, 5 the fifth, 3 the sixth, 1 the seventh, and in 16 cases the history of previous attacks was unknown.

Looking further at the statistical tables, it may be observed (table V) that of the whole number admitted, 2,780 are recorded as natives of the United States and 1,755 of other countries. But were it possible to trace the parentage of all these cases how much fuller would be our information as to the foreign element represented in the hospital population. Thus during the last year alone 227 natives of the United States were admitted, but the parents of only 178 were born here; 144 were of Irish parentage, 25 of German, 20 of English, and the small remainder of Swedish, Scotch, Italian, and other nationalities as indicated in the table. The influence of immigration in so far as relates to the importation from abroad of persons already insane, which is reported to have considerably increased the insane population in the neighboring States of New York and Massachusetts, has not especially affected the number of admissions. But immigrants are occasionally admitted, who after struggling unsuccessfully for perhaps several months to establish themselves in this strange land, become desperately homesick,

discouraged, and finally insane. Two such cases received during the period covered by this report improved so much at the hospital that their friends were at last able to send them back to the land of their birth with good reason to hope that their cure would thus be perfected.

Table XI shows that in addition to cases of undeniable insanity, there have been admitted to the hospital during the last two years 25 inebriates and 4 sane persons. The word inebriety appears to be undergoing such an extension of its original meaning as to be applied not only to a morbid condition of which the habit of alcoholic intemperance is the essential element, but also to cases in which other drugs are habitually used to excess. Under it, therefore, are grouped in the table, along with cases of the alcohol habit, such few specimens of the opium and of the cocaine habit as have been brought to the hospital. All three habits are, indeed, sometimes combined in the same individual, causing functional disturbances, which (except for the convenient name inebriety) some linguist might be tempted to label dipsomorphinococainomania. Granting that there is a disease inebriety, entitled to an independent place in the category of diseases, it would seem to be something quite distinct from insanity; and physicians connected with institutions for the insane, whether regarding these habits as diseases or vices, have repeatedly expressed the opinion that the confinement of inebriates among the insane is unfortunate for both. The inebriates, as soon as they rally from the toxic effects of the drug which enslaves them, and seriously reflect upon their situation, begin to chafe under the restrictions which govern the insane, protest against association with lunatics whom they perhaps view with supercilious pity, are not usually disposed to engage in any useful occupation and are often prone to plot mischief. They are rarely willing to be deprived of their liberty long enough to insure a cure of their habit, being over-confident of their ability to keep good resolutions. But so long as they do stay in the hospital they fill space which the insane need.

Reviewing the records of the last five calendar years (1883–7 inclusive) it is ascertained that 16 persons have been admitted, who, while in the hospital, manifested no evidence of insanity, and accordingly in due time were discharged as not insane. It may fairly be presumed that they have remained so, as they have not been returned to the hospital. Seven of them were criminals, who either experienced brief attacks of insanity terminated by recovery during the time spent in jail, or else they successfully feigned insanity to escape the penalties of crime. The remaining nine were committed by probate courts. One of these was supposed to be an epileptic, but during six months spent at the hospital no seizures or mental disturbances were observed. Another was erroneously believed to be suicidal. In three cases there was a history of family quarrels, and doubtless the statements of angry relatives deceived the physicians who certified to insanity. All of these patients found that the laws of this State, which make the commitment of the insane to hospitals as informal as possible, leave the return to freedom and friends equally unimpeded when hospital care is no longer requisite. During this same period of five years the total number of probate court commitments received at this hospital was 1,507, and of these only nine were not insane! Is it likely that in localities, where even the most extreme precautions are enforced with relation to the commitment of the insane, fewer mistakes occur?

The number of patients who died during the biennial period was (table I) 81 in the year 1886–7 and 105 in the year 1887–8. The ratio of deaths to the average number present in each of the two years respectively was (table XXVIII) 6.78 and 8.26. As compared with the previous years the former is below and the latter above the average death rate. The explanation of last year's excess is to be found in the increased number of old people who end their lives in the hospital. As shown in table XXII nearly half of those who died last year had reached and some had passed far beyond the age of 60. Not uncommonly, in the aged,

death appears due solely to exhaustion of vitality, and everybody knows that as a general rule senile degeneration weakens the ability of the system to resist any disease. After old age, the following were the most prominent causes of death, named in order of frequency: Apoplexy, phthisis, maniacal exhaustion, general paresis, diseases of the heart, epilepsy, pneumonia, and a few others, as detailed in table XXIII. It is a rather remarkable fact that for nearly three years it was not necessary to record a single death by suicide. Not that there was a dearth of suicidal cases among the admissions, for during the last two years forty-five patients were received who either shortly before or after their entrance into the hospital actually attempted self-destruction; and several others were so strongly suspected of suicidal tendencies that they were put under special watch. Notwithstanding all precautions, however, last spring two patients succeeded in thus terminating their careers. These painful occurrences were, of course, reported to the proper authorities, who carefully investigated them and found that no blame rested upon the hospital management.

IMPROVEMENTS.

Besides ordinary minor repairs, which in an establishment of this size require daily attention, and the more considerable expenditures of labor frequently necessary to keep all parts of the institution in a state of preservation and usefulness, the noteworthy improvements have been as follows:

1st. A one-story brick addition (15x16 feet) was erected on each side of the tower at the entrance of the middle house, providing two much needed rooms — one a medical office, the other a reception room, where patients can see their friends.

2d. An addition to the annex, two stories high and about thirty-two feet square, was strongly built of stone, with interior walls of brick. The first story was divided into seven bedrooms, opening into a central corridor, and the second story made a single apartment, which has been used with success as a work-room. Here such occupations as cobbling,

mending clothing, making mattresses, and caning chairs shorten tedious hours of confinement.

3d. A small isolated fireproof storehouse was erected for the painter's supplies.

4th. Two coal-bunkers, each holding about 500 tons, have been constructed in connection with the middle and south boiler-houses.

5th. A cast-iron water-main, eight inches in diameter, has been laid alongside the old six-inch main from the lower reservoir to the hospital, a distance of nearly 6,000 feet. The connections have been so arranged that water may be drawn from the upper reservoir as well as from the lower through either main, thus insuring, in the event of repairs along one line, an uninterrupted supply by the other; and in case of fire the increased pressure which has been obtained will prove extremely useful.

6th. The asphalt walks have been continued so as to connect the middle kitchen with the base of supplies and the joiner shop with other work rooms.

7th. A greenhouse (100 x 22 feet) has been built adjacent to the southeast corner of the main house and in line with the south end of the wing. The frame-work of the superstructure is of iron; the heating apparatus, ventilating machinery, and all internal arrangements are believed to be sufficiently complete for practical purposes. The experience of even one winter has plainly demonstrated the value of this structure in the preservation and propagation of the plants, which to the number of 14,275 were set out last spring, adding much to the appearance of the grounds and to the gratification of the patients. Back of the greenhouse a vegetable cellar was excavated, above which, in a room 100 x 18 feet, is a bowling alley, a billiard table, and some simple gymnastic apparatus for the use of the patients, who find here a covered play-ground when wintry or stormy weather forbids exercise out of doors.

8th. A cottage, one story, and French roof, making it practically two stories high, has been erected about midway

between the main kitchen and the barns, providing lodging for the hired farm help and for 74 patients, most of whom are in the habit of working out of doors. It is built of brick and is supplied with with gas, water, and steam-heating apparatus. The food is all prepared in the main kitchen. The dining-room, living room, bath-room, and water-closets are on the first floor. Above is a large dormitory and two small bedrooms for patients. There are no window guards, but the lower sashes are supplied with stops and the doors with locks, in the belief, as Dr. Yellowlees of the Glasgow Royal Asylum expresses it, that "The lines of restriction are as wide as welfare permits; but such line are needful and afford invaluable support when judgment and self-control are weakened."

By the construction of the above-mentioned cottage, by putting beds in attics and other inappropriate places and by overcrowding dormitories, a tolerably successful effort has been made to keep pace with the demand for room. But now the hospital is absolutely full, and again all the aggravating annoyances and discomforts incidental to delay in admission of patients are to be endured. In round numbers there are (table XXVII) 800 more insane persons in the hospital now than were present ten years ago — an average increase of 80 annually. If the next decade does not witness as large a rate of increase as the last, it certainly seems reasonable to expect that additional accommodations at the rate of 50 or 70 beds annually will be needed. And in this connection arises a question as to the wisdom of indefinitely augmenting this institution. Are not the advantages of a large hospital with its separate buildings and numerous wards already attained as far as is practicable here? Hitherto undoubtedly much expense has been saved by supplementing an existing foundation instead of starting a new plant elsewhere. But further enlargement would involve purchasing more land, constructing another reservoir, increasing the amount of live stock, and making considerable additions to the laundry, the bakery, and other parts of the

establishment. The economic argument thus loses much of its force. This is not, however, the only point to be considered. The serious evils consequent upon overgrowth are to be guarded against, and the welfare of the insane themselves is surely of prime importance. What will most promote this end, whether it be additions here, or county homes for selected cases, or the family plan now being tried with some success in Massachusetts, or some other policy, merits careful inquiry.

FINANCES.

The amount of receipts and disbursements during each of two preceding years is exhibited in the financial statements herewith submitted. As in previous years, all the expenses of the institution (specified in the accompanying abstracts of vouchers) have been paid out of the moneys received for the support of patients, and a balance remains to the hospital, the price of board continuing at the rate of $3.50 a week. In a community of 1,300 irresponsible invalids to be provided with lodging, food, medical aid, and every necessary attention, it is a fortunate circumstance — if indeed it be not essential — to have a certain amount of cash in reserve for contingencies. Not only may the aggregate cost of support be affected very considerably by changes in the prices of staple commodities, but special emergencies, such as fires or epidemic diseases, are liable to occur and necessitate immediate and heavy expenditures, as they have in other similar places. One contingency, *viz.*, lack of room, which could not otherwise have been met in the interval between the sessions of the legislature, you have happily been able to combat during the past year or two by supplying additional accommodations for patients as the capacity of the hospital became exhausted.

THE FARM

during the last fiscal year has yielded more than ever before, and its value as a means of diminishing the cost of support may readily be inferred from the farmer's report herewith submitted. Many poor people might well envy our

patients the luxury of receiving quantities of vegetables fresh from the farm daily during the season. Nevertheless, there is need of larger crops than can now be obtained; for the number of patients has multiplied beyond expectation, while the amount of land under cultivation has remained essentially the same. Admitting that a farm suituable for 600 patients is not sufficient for twice that number, it would obviously be an advantage if additional tillable land were located near the barns and within range of irrigation by sewage.

During the winter months, when out-of-door exercises are limited, it has been the aim to have something for the enjoyment of the intelligent minority of the patients in the amusement hall on two evenings of each week. In carrying out this design officers and employes have labored with a degree of zeal deserving high praise. We have fortunately been able to depend on the hospital orchestra for music, which is an essential feature at most of these entertainments. The list given below also makes mention of a goodly number of friends outside of the hospital who have graciously given their time and talents to this benevolent work.

EVENING ENTERTAINMENTS, 1886–8.

MUSICAL AND DRAMATIC.

By home talent, seven plays, one operatta, seven concerts, at one of which Mrs. T. M. Davis assisted.
By young people of the Universalist Society, Middletown, two plays.
By Messrs. Franklin and Smith, two concerts.
By the Young People's Literary Society, Middletown, one play.
By the Wesleyan Glee Club, one concert.
By the Middletown Musical Club, one concert.

LECTURES.

By Rev. P. H. Whaley, "The Charleston Earthquake."
By Mrs. E. M. Ramon, "France and Her People."
By Mr. Ernest King, "The Imagination."
By Mr. Ernest King, "John Bunyan."
By Mr. Ernest King, "A Journey to the Gold Regions of Australia."
By Mr. J. N. Stickney, "Egypt and the Egyptians."
By Prof. J. C. Van Benschoten, "A Tour in Greece."

By Rev. A. W. Hazen, "Switzerland."
By Mr. A. B. Morrill, "The Chemistry of a Candle Flame."
By Prof. William North Rice, "A Trip to Bermuda."
By Mr W. E. Hermance, "From the Yellowstone Park to the Gulf of Mexico in a Canoe."

READINGS.

By Miss Sarah E. Rounds, Mrs. W. F. Sherwin, Miss Janie G. Savage, Mr. S. T. Ford, Miss Nettie Taylor, Miss Olive F. Browe.
By Miss Ida H. Johnson, alone, and with vocal music by Miss L. E. King.
By Mr. E. Allen Noble, with vocal music by Miss L. E. King.

MISCELLANEOUS.

Christmas entertainment,	2	evenings.
Stereopticon views, described by Drs. Noble and Fisher,	3	"
Stereopticon views, described by Mr. Henry Marsh,	1	"
Parasol drill by a company of young ladies, under the leadership of Col. Elliott,	1	"
Dancing parties,	25	"
Ventriloquism, by H. T. Bryant,	1	"

On summer evenings the band has played acceptably twice a week in front of the principal buildings alternately, in order that the music might reach the ears of all the patients.

In addition to the entertainments for patients, a course of lectures to attendants on medical topics connected with their duties was delivered by the assistant physicians, who displayed a very commendable spirit in thus voluntarily assuming the task of giving instruction which cannot fail to promote the efficiency of the ward service.

RELIGIOUS SERVICES.

Most grateful acknowledgments are due to the clergymen of various denominations who have conducted religious services in the chapel regularly on the Sabbath, as in previous years, and who have cheerfully responded to calls in behalf of individual patients. It is believed that no rational desire for spiritual consolation has been disregarded.

DONATIONS.

We are under obligations to the friends of the hospital who have thoughtfully remembered our patients as follows: Mr. Charles W. Church, 19 books; Mr. T. S. Gold, Secretary State Board of Agriculture, 26 volumes of agricultural reports; Mrs. E. B. Monroe, bound volumes of the *Christian Union*, *Illustrated Christian Weekly*, and box of miscellaneous reading matter; Mrs. M. G. Perry, box of books, magazines, and papers; Mr. H. D. A. Ward, 45 books, monthly metereological reports, illustrated papers, and magazines; Mr. L. R. Hazen, current numbers of the *Century Magazine*; Dr. J. E. Griswold and others of Glastonbury, two large packages of magazines and newspapers; Hon. H. Sidney Hayden and others of Windsor, two boxes of magazines; Dr. J. W. Alsop, Mr. George H. Hulbert, and Prof. W. O. Atwater, large packages of periodicals; Mr. A. R. Parshley and Mr. L. B. Cooley, illustrated papers and magazines; Mrs. H. E. Eddy and Miss A. K. Greenfield, religious papers; the Y. M. C. A. of Middletown, Mr. George Dutting, and Mr. M. J. Sherman, newspapers; Mr. J. H. Bunce, a wolf-skin rug; Miss Rosella Lloyd, an invalid's chair; resident officers of the hospital, books, periodicals, and pictures; and many unknown persons, who have deposited reading matter in the "hospital box," which Mr. Hazen kindly permits to stand in his store.

In behalf of the patients, who often ask for papers printed near their homes, it is a pleasure to thank the publishers of the following-named newspapers for gratuitous copies:

Hartford Daily Courant,	Hartford,	Conn.
" Evening Post,	"	"
" Weekly Times,	"	"
The Religious Herald (weekly),	"	"
New Haven Weekly Palladium,	New Haven,	"
" " The Morning News,	" "	"
The Tolland County Journal (weekly),	Rockville,	"
The Herald (daily),	Middletown,	"
The Constitution,	"	"
The Evening Journal (daily),	"	"
The Standard(weekly),	Bridgeport,	"
The Sheltering Arms (monthly),	New York.	

CONCLUSION.

During the biennial period Dr. Edwin A. Down, a recent graduate of the College of Physicians and Surgeons, New York, whose qualifications for usefulness were known by previous employment in other capacities, was added to the staff of assistant physicians; Mrs. Ida E. Kendrick succeeded Mrs. Waite as housekeeper; Mr. B. F. Gould, who for eight years faithfully served as supervisor, and latterly, with the aid of his wife, as storekeeper, resigned. The vacancies thus made were filled by the appointment of Mr. Frank M. Smith as supervisor and Mr. John M. Sawyer as storekeeper.

All of the officers who have favored me with their aid have greatly lightened the cares of management by loyal interest in the execution of your benevolent designs and by efficient supervision of details in their respective departments. Honorable mention might also be made of others, in all grades of the service, who have steadfastly persevered in well doing under frequent trials and discouragements, and are entitled to share in the credit for what has been accomplished.

Finally, gentlemen, believe me deeply grateful for the support which your counsels and guidance have given. While recalling the many proofs of your clemency, one misses the genial face of that long-time member of your board, who, within this biennial period, has passed to his rest. May all of us in the hospital who knew and loved good Mr. Willard cultivate his abounding sympathy with the unfortunate, and imitate his self-denying efforts to infuse comfort and cheer into the lives of others.

Respectfully submitted,

JAMES OLMSTEAD, M.D.,
Superintendent.

Middletown, Conn., June 30, 1888.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut, January Session, 1891:

The board of trustees of the Connecticut Hospital for the Insane respectfully present this, their twenty-third report, covering the two years from June 30, 1888, to June 30, 1890.

We are thankful to be enabled to report the condition of the institution as good in every respect, and we believe that the State may justly regard with satisfaction and pride the results of its wise and liberal provision for its insane.

As was to be expected, the increase in the number of patients, some eighty-five in the past two years, has reduced somewhat the expense of "support" per capita, and we believe that we would be justified in still further reducing the "price for keeping" the pauper patients (General Statutes, Sec. 3614, Chap. 224, Title 67), but by so doing the State alone would be directly affected, and the towns from which the patients come derive no benefit; therefore, we respectfully suggest that the act relating to the "Commitment of Insane Paupers and Indigent Persons" (Sec. 487, General Statutes, 1888), be so amended that the "two dollars and fifty cents per week of the expense of support" of each pauper patient, now paid by the town chargeable with his "support," be made to include "clothing" as well as "support," the increased cost of which to the hospital would be about equal to the reduction "in price for keeping" we should otherwise recommend.

During the last biennial period the following much-needed improvements have been made:

A barn for farm horses, wagons, etc.

A new and larger ice-house.

A cottage for employes.

An additional reservoir, the necessity for which has long been most pressingly felt, is in process of construction, and when completed will, together with the now existing ones, afford an ample supply at all times and for all emergencies, we believe.

The additional accommodation called for by the special act passed at the last session of the legislature, *viz.*, "That the board of trustees of the Connecticut Hospital for the Insane be and are hereby authorized and instructed to erect and furnish, as soon as practicable, a suitable building, on land owned by the State, at Middletown, for the further accommodation and care of the insane poor of the State, said building to furnish accommodations for at least one hundred and twenty persons. The board of trustees are hereby authorized and empowered to expend from the funds of said hospital an amount necessary for this purpose," has been provided for by additions to the wings of the south hospital of forty-eight rooms, and by doubling the capacity of the main cottage, so-called, giving one hundred additional beds in that building.

For details of the above and of the general work of the hospital, and for certain recommendations, all of which receive our full endorsement, we would refer you to the accompanying able and exhaustive report of the superintendent,— but would in particular respectfully urge your careful and thoughtful attention to that part in which he treats of the necessity for increasing accommodations for the insane, and clearly enforces the views held and expressed by your trustees, *i. e.*, that for the good of the patients themselves, and as a matter of economy in the end to the State, such accommodations should be provided in some other locality.

Our thanks are due to the superintendent for his untiring devotion to his work, in which he has been ably assisted by his staff of physicians and by all the other officers.

During this session of the General Assembly, trustees for New Haven, Fairfield, Litchfield, and Middlesex counties,

and two trustees from the "vicinity of the institution," to succeed Benjamin Douglas of Middletown, and Leverett M. Leach of Durham, should be appointed.

Respectfully submitted,

MORGAN G. BULKELEY,	*Hartford.*
ROBBINS BATTELL,	*Norfolk.*
HENRY WOODWARD,	*Middletown.*
JAMES G. GREGORY, M.D.,	*Norwalk.*
JAMES GRAHAM,	*Orange.*
LUCIUS S. FULLER,	*Tolland.*
COSTELLO LIPPITT,	*Norwich.*
EDWARD S. CLEVELAND,	*Hartford.*
GEORGE H. NICHOLS,	*Thompson.*
BENJAMIN DOUGLAS,	*Middletown.*
LEVERETT M. LEACH,	*Durham.*
JOSEPH W. ALSOP, M.D.,	*Middletown.*
JOHN N. CAMP,	"

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN — In reviewing the events in the history of the hospital during the last two years, one's first emotion must be thankfulness that no great disaster has befallen the institution. That the affairs of the community composed of some of the most unreasonable, excitable, and dangerous people in the State, have moved on year after year with methodical regularity means, indeed, a great deal of care and labor and watchfulness. But not always is the most earnest labor crowned with even so much of success. On the other hand, the various catastrophes which overwhelm human undertakings are such every-day occurrences, that often do the familiar words come to mind, "except the Lord build the house, they labor in vain that build it."

The changes in the census of the patients have been as follows:

	MALES.	FEMALES.	TOTAL.
Present July 1, 1888, . . .	568	724	1,292
Admitted, ...	390	364	754
Discharged, ...	349	320	669
Present June 30, 1890, . . .	609	768	1,377

That nearly all of these 1,377 patients are beneficiaries of the State, and that comparatively few of them belong to the criminal classes, is shown by the methods of their commitment, *viz.:*

1,244 committed by Probate Courts as paupers or indigent patients.
13 committed by their friends as private patients.
29 committed by the Soldiers' Hospital board.
1 committed by the County Commissioners.
29 committed by the Governor's order.
46 committed by the Superior Court.
15 committed by the Police Court.

1,377 Total.

Comparing the distribution of the patients among the several buildings with the number each was designed to accommodate, the overcrowded condition at the end of the fiscal year is apparent:

	Capacity.	Contained June 30, 1890.
The main house,	470	513
The middle house,	320	368
The south house,	340	321
The annex,	30	31
The main cottage,*	80	80
The farm cottage,	20	20
The Fallon cottage,	20	21
The Roberts cottage,	20	23
Total,	1,300	1,377

It is gratifying to note a lower rate of increase in the number of patients during the last two years than previously, resulting, first, from fewer admissions, particularly of females, and second, from more discharges than during the preceding biennial period. Provided the increment continues to be less than fifty annually, the accommodations of the hospital will be sufficient to meet the demands of the next two or three years.

For information in regard to the age, nativity, residence, and occupation of the patients admitted, the alleged cause, duration, and form of their insanity, together with the results of treatment, attention may be directed to the appended statistical tables, carefully prepared, as usual, by Drs. Noble and Fisher. One person was admitted in each year who, after a due period of observation, presented no evidence of insanity, and was accordingly discharged as not insane. One of them had been arrested for breach of peace, the other for intoxication, but the alcohol was entirely eliminated before the patient reached the hospital.

The frequently long duration of insanity, and, incidentally, the difference between the number of cases admitted and the number of cases occurring in any given time appears from

* Since the above date the capacity of the main cottage has been increased by 100 beds.

the statistics of even a single year. For instance, in the first year of this biennium, 385 insane persons were admitted. But only 185 of them were attacked within a year of their admission, 200 having been insane from one to thirty or more years previously. Of these 185 recent cases, 50 had been insane once, twice, or more often before, and of the 200 chronic cases, 15 had a history of more than one attack. Not these, but the recent cases of first attacks, *i. e* , about 35 per cent. of the admissions, should be compared with the population in any inquiry as to the relative increase of insanity. It is also from this 35 per cent. of the admissions that most of the recoveries are derived. Could we trace in all cases the conditions leading to the development of the malady, we might perhaps wonder that any genuine recoveries occur. But such information, especially in regard to heredity, is often not obtainable. Thus in 173 of the 386 admissions under consideration, the cause is unknown. Of the remainder, 89 persons had hereditary tendencies towards insanity, 20 had epilepsy, 6 had congenital defects, 16 were in a state of senile decay, and others, including 10 general paretics, were equally hopeless.

Following the histories of these 386 persons, 82 of them, or about 21 per cent. of the admissions, recovered; and, as after the lapse of a year only five have returned, it may fairly be presumed that they really recovered. Of the unrecovered, 50 have been discharged improved, 50 have been discharged unimproved, 35 have died, 174 (45 per cent. of those admitted) remain in the hospital, and, with a few exceptions, will probably continue insane as long as they live.

And this appears to be about the general average of incurable cases admitted. For it appears from table XVII, that of the 1,111 recoveries since the opening of the hospital, all except 78 had been insane less than two years when admitted. That is to say, as a matter of fact, cases of longer duration rarely recover. But of 5,289 admissions, 2,356, or 44.5 per cent., had been insane longer than two years when admitted, and had, therefore, already passed the probability of recovery.

Accordingly it is not surprising to find, on examining the patients in the hospital, comparatively few hopeful cases. This might be inferred, indeed, from tables XXV and XXVI, which show the advanced age of many patients present at the end of the fiscal year, and the prolonged insanity of many more, only 88 of the 1,377 being recent cases; and, on the other hand, 845 of them having been insane longer than five years. But to insure accuracy on this point, each assistant physician, taking a list of the patients under his daily observation, analyzed their histories with especial reference to prognosis, and the need of continued hospital treatment.

The result is that only 96 of the total present are found to have reasonably good prospects of recovery. Of the remaining 1,281 who (except 13 private patients) are likely to continue life pensioners on the charity of the State, 865 are town or State paupers and 403 belong to the indigent class. In regard to the former, especially, the practical question arises, Why should they remain in the hospital after the expectation of recovery has disappeared? In our opinion 402, or nearly half of these chronic insane paupers need to remain here for the following reasons:

202 because violent or dangerous.
77 because destructive, filthy, or noisy.
19 because of physical infirmities.
104 because intelligent enough to derive some comfort and benefit from hospital influences.

The remaining 463 chronic insane paupers are mostly quiet, demented persons, some of them untidy and idle, others able to do simple work to which they are habituated, but none of them longer susceptible of benefit from any special medical or moral treatment. They do, indeed, need to be under the care of a physician, who should be the more constantly watchful because most of them are so undemonstrative and indifferent to the onset of diseases common to every one, and which call forth expressions of pain from sane persons. They also need to be protected from neglect and abuse, which they are often unable to describe or complain of. Such as

these are found in the plain old farm cottages which for many years have here been used as lodgings for patients, and such as these might be kept in buildings durable and comfortable but less expensive than much of the architecture which has been designed with special reference to the treatment of acute and curable, or the guarding of destructive and dangerous insane.

When these mindless bodies are led out for their daily airing, the procession, far from being a cheerful spectacle to an intelligent patient, evidently tends to foster depression of spirits. Their removal would favor the successful treatment of curable cases, and would enable the hospital for years to receive promptly all insane persons likely to be benefited, inasmuch as it appears that already enough permanently insane paupers are collected here to fill an asylum of moderate size. Such a movement would inaugurate a system of trasfers which would be in harmony with your recommendation to the last legislature that "the economic and humane interests of the State require that additional accommodations for its insane be provided in some other locality."

In order to throw some light on the question of permanence of recoveries from insanity, the subsequent history of the persons recorded as cured between 1880–85 was sought by circulars addressed to each one's correspondent, and the inquiry became more and more interesting as replies to the circulars vere received. Some were especially gratifying, such as the following: "My wife's health has been good since she left your hospital. There has been no return of the trouble you speak of. My wife takes care of the house, and everything goes on as well, if not better, than before the long sickness which landed her at your hospital, for which I am more than thankful."

The total number of recoveries in the period of five years was 287. Of these, 83 returned no further information, 70 are living and have continued sane, 8 continued sane till death, 30 were attacked again and treated elsewhere, 96 were attacked again and readmitted.

Of those readmitted, 25 recovered again, 59 are still insane, 12 continued insane till death.

While it would be pleasant to dwell solely on the good accomplished, the practical fact to be pondered with reference to provision for the insane appears to be that of all admissions during a period of five years, little more than twenty per cent. recovered, and of these only 78 individuals are known to have continued sane during the following five years or till death. This, in connection with the fact that a quarter of these 287 cases had previously "recovered" once, twice, or more often, discloses a lamentable liability to relapses, and suggests, as the late Dr. John S. Butler has said, that "there remains to be done a work greater than cure or kindly care — that of prevention; a work, which in order to be of the highest success, must reach back to the early life, the family, the nursery, and the school."

The ratio of deaths to the average number of patients under treatment was a fraction over 7 per cent., as in general since the opening of the hospital. The average duration of insane life has been nearly eight years. The more common causes of death, named in order of frequency, were phthisis, old age, diseases of the heart, exhaustion from insanity, general paresis, apoplexy, epilepsy. Over 70 deaths were due to diseases of the nervous system, furnishing, with others, such material for instructive pathological study that the lack of adequate facilities for fine work in that department of science is regretted.

In each of the last two years, and at an interval of fifteen months from one another, a death by suicide occurred. Both were cases of melancholia, and were apparently improving so much that one had been transferred to a convalescent ward, and the other had twice been taken home on a visit, and had enjoyed considerable liberty with evident benefit. It is rather remarkable that no other violent deaths occurred, in view of the fact that of those admitted during the two years 51 had attempted homicide, 27 had threatened homicide, 77 had attempted suicide, and 26 had threatened suicide.

The out-of-door exercise essential to physical health and mental improvement involves the risk of escapes, which may be expected to occur occasionally, notwithstanding the vigilance of attendants. Most of those who thus left without leave were speedily brought back; others reached home safely and remained a longer or shorter time with friends on trial; one lost his life by a railway accident; one is supposed to have returned to Ireland; of three only no tidings have been heard, and these, being vagrants, probably drifted out of the State. They are not disposed to harm any one.

The number of sight-seers drawn hither by idle curiosity does not appear to diminish as time makes the institution familiar to the public, and the disproportion between the sexes furnishes an amusing illustration of well-known feminine characteristics. Thus, on ten successive visiting days 373 adults were escorted through the wards, and all of them except 70 were females, with whom were 50 children and 13 infants! Occasionally strangers appropriate to themselves the swings and arbors, pick flowers, and peek into ward windows, necessitating vigorous protests to protect the rights of the patients and suggesting the need of a constable to patrol the grounds. The intelligent interest of the public and the legitimate desire of friends of patients to know about the institution is, on the other hand, most cordially welcomed and any proper information cheerfully given.

Your attention is invited to a table appended for the first time to this report, which shows approximately the amount of work done in the sewing-rooms and repair shop. The latter is found very useful in providing occupation for insane convicts, whose opportunities for exercise are necessarily restricted, and these tabular summaries demonstrate the lines in which many of the patients are usefully employed. Others help on the farm and lawn, in the kitchens, laundry, or various workshops, or in keeping the interior of the buildings clean. Some have certain specialties: this one is an artist; that one a blacksmith; these fill the show-case in the reception-room with fancy work; those make their bedrooms bazaars. About

one-fourth of the whole number are too demented to do anything, one-seventh are idle because of age or physical infirmities, and one-tenth are able but refuse to engage in any occupation that contributes to the general good. This unwillingness to take the prescription most conducive to their recovery is sometimes encouraged by foolish friends of the patients, who tell them they need not work because half their board (forsooth, less than twenty-three cents a day!) is paid by themselves. Some of these idlers, however, get benefit from base-ball, billiards, and bowling.

The enlargement in various directions required to keep pace with the demands of increasing numbers has resulted in the following items of construction during the last two years:

1. A frame barn, dimensions 50 ft. x 80 ft., situated about 300 feet north of the main barn, was built for the accommodation of farm horses and wagons. It also increases the storage room for hay, provides a vegetable cellar under the wagon room, and a well-ventilated place for pigs under the stables. There is a hydrant 87 feet distant, connected by a six-inch pipe with the water main.

2. The old ice-house having become inadequate, a new one, with an estimated capacity of over 1,200 gross tons, was built at one corner of the ice-pond after the most approved method. It is divided into three compartments which can be united or kept separate at pleasure.

3. The building no longer needed for ice was transformed, on Mr. Sanderson's suggestion, into a sort of factory by substituting brick for the decayed underpinning, laying a cement floor, putting in a boiler and engine, kettles, soap tanks, bone mill, etc. Here, with the aid of patients' labor, soft soap is made, bones are ground into fertilizer, tallow and hides are prepared for market, and there is steam to spare for use in the slaughter, piggery, and watering trough. Thus in several directions the result is profitable.

4. A small double cottage of brick was built for persons employed whose continuous presence on the premises is desirable.

5. The extreme ends of the wings of the south house were extended back 40 feet and the extension carried up three stories, providing 48 single bedrooms well heated by indirect radiation, windows guarded, brick partitions cemented for the use of noisy and destructive women.

6. A duplicate of the building known as the main cottage has been built near it and the intervening space filled by a block containing boiler-room, kitchen, rooms of employes. The completed structure thus consists of a center and two wings, each wing having dining-room, living-room, bath-room, and lavatory on the first floor, with beds for 90 patients on the second floor. It is heated by steam and lighted by gas. The walls are brick, the roof, of the Mansard pattern, is slated and tinned. The ground space is 243 feet in length by 100 feet in depth. There is ample facility for quick exit in case of fire, and the building is not high enough to interfere with the view of the beautiful eastern hills from the windows of the main house.

Thus the act of the last Legislature in regard to additional accommodations for 120 insane has been more than complied with.

7. A hydraulic sectional elevator, which had long been needed for freight and passenger service between the first and fourth floors, was placed in the center of the main house.

8. An elevator shaft was constructed in the rear of each wing of the middle house, containing a clothes lift operated by hand power in order that heavy baskets of clothing might no longer be tediously carried up and down stairs.

9. About 2,400 feet of North river flagstone three feet and four feet wide, laid on the walks to the barns and cottages as required for the performance of ordinary errands, enables the patients to walk out of doors to an extent hitherto impracticable in the wet season.

10. Several of the new buildings have been protected by lightning rods of solid copper.

11. Watchmen's electric clocks have been placed in each of the three large buildings, with a station in each ward and

boiler-house, in order that all persons on night duty may demonstrate their presence at their posts by signals registered on dials in the offices.

12. The purchase of land for the construction of a third reservoir, which will be nearly completed before winter, with a capacity exceeding that of both the others, will result in providing plenty of water for use in the event of fire, as well as for ordinary purposes even in time of drought. Had not the rainfall been excessive, serious inconvenience would have been felt the last few years.

Other improvements which will involve considerable outlay are required, and with your permission may be briefly mentioned:

1. The chapel and amusement hall have for some time been inadequate to seat all who might with benefit attend exercises there, and a larger assembly-room is so greatly needed that the steps you have taken to provide it cannot fail to be appreciated.

2. The laundry was erected ten years ago, when the number of patients was less than half the present population of the hospital, and the weekly "wash" of more than 15,000 pieces is with difficulty pushed through in such cramped quarters. A suitable addition should be made to the building and the internal arrangements so modified as to facilitate labor.

3. The growing popularity of incandescent electric lights, and their special adaptability to institutions for the insane, is so thoroughly established that the installation of a plant here has much to recommend it to your favorable consideration.

4. A track branching off from the Valley railroad and terminating in the rear of the storehouse, which would permit carloads of flour, beef, coal, and other freight to run directly into the back yard, would be an immense advantage in view of the fact that more than 5,000 tons of freight are annually consigned to the hospital and are hauled up hill from the dock or from town in all sorts of weather at considerable expense.

5. The storehouse from which provisions and supplies are dispensed to the several departments is too small, and the stock now overflowing into adjacent cellars would be far better housed in a freight depot alongside the terminus of the proposed railroad.

6. Additional farm land, if obtainable at a reasonable price and so located that the sewage could be directed on to it, is desirable for reasons stated in the last report, *viz.:* (1) The increased number of patients creates a market for more produce than is yielded by the acres now available for cultivation; (2) crops raised largely by the labor of patients on land fertilized by refuse from buildings obviously cost less than if purchased, and thus diminish the expense of support; (3) a larger farm would furnish healthful occupation for more patients than are at present employed. It used to be advised that every institution for the insane should have an acre of land to each patient. To urge the utility of a third of an acre per patient is, therefore, quite within the bounds of moderation.

The farmer's report appended gives an itemized statement of the amount and value of farm products for each year of the biennial period, and the amount of live stock at the end of the period.

The greenhouses, too, prove profitable inasmuch as the thousands of plants required to make the flower beds on the lawns attractive to the patients are under glass raised from cuttings at comparatively little expense.

The finances of the hospital have continued in a satisfactory condition, notwithstanding the low rate of board and the increased outlay involved in providing further accommodations for patients as directed by the legislature. One of the emergencies, which render it necessary to have funds in reserve, occurred last winter, when the annual supply of ice, which ordinarily is produced on the premises without expense, had to be purchased at a cost of several thousand dollars, owing to the mildness of the season.

Information in regard to the receipts and disbursements

will be found in the financial reports and abstract of vouchers.

Evening entertainments agreeably interrupt the monotony of the winter season and contribute to the restoration, or at any rate to the happiness of the patients, whose thoughts are temporarily diverted from delusions. Special thanks are due to those benevolent friends of the hospital, who, at the sacrifice of valuable time, have helped in this good work, as the subjoined list shows :

MUSICAL AND DRAMATIC ENTERTAINMENTS.

By home talent, seven plays, five concerts, two operettas, one cantata.
By the Wesleyan Glee Club, one concert.
By Miss Weeks and others, one concert.
By Mr. Paine and others, one concert.
By Mrs. F. N. Fagan and others, one concert.
By Messrs. Franklin and Smith, one concert.

LECTURES.

By Rev. E. F. Atwood, "Glimpses of Connecticut History."
By Rev. J. Aspinwall Hodge, D.D., "A trip to Brazil."
By Rev. Dr. George M. Stone, "Alaska."
By Mr. Ernest King, "London."
By Mr. M. F. Tyler, "Egypt."
By Dr. E. H. Jenkins, "Fertilization of Flowers by Insects."
By Mr. Clarence Deming, "Polar Ice and Icebergs."
By Prof. H. W. Farnam, "Amateur Photography."

READINGS.

By Mr. F. C. Croy, Miss Nettie Taylor, Mrs. R. L. Webb, Miss Ella Ives, Miss Sara Rounds, Mr. Howard L. Curtis, Prof. R. G. Hibbard, Miss Susie D. Drew.

MISCELLANEOUS.

Entertainment by Mrs. E. C. Noble and Miss Daisy Ives,	1	evening.
Entertainment by Daniels Brothers and Mr. C. W. Hubbard,	1	"
Sleight-of-hand entertainment by Mr. George H. Pray, .	1	"
Stereopticon views, ...	1	"
Ventriloquism, by Mr. H. T. Bryant, ...	1	"
Dancing parties, ...	27	"

The resident officers and others employed here, whose talents have given pleasure on the stage, have deserved

even more than the hearty applause accorded them; for the careful and tedious drill essential to a creditable performance can scarcely be estimated by those who have not undertaken it. The musical organization, under instruction of Drs. Keniston and Down, rendered efficient service on numerous occasions in addition to the concerts noted above; and three times a week in summer the playing of the band, Orpheus-like, draws groups of charmed listeners to doors and windows.

Religious services in the chapel on Sunday afternoons have been regularly attended by numbers of patients varying from 192 to 240. This wide variation is due partly to the weather and partly to individual preferences. The satisfaction derived from these exercises is evinced by the regret expressed if by any chance a Sunday passes without the usual gathering. Cordial thanks may, therefore, be assured to those clergymen who have thus led our public worship, and whose private ministrations have cheered the sick.

DONATIONS.

Mr. L. R. Hazen, who has continued to give the hospital the Century Magazine, has also kindly permitted the "hospital box" to occupy a corner of his store, and many persons have deposited their miscellaneous reading matter for the patients. Some of these friends are unknown, and can therefore be thanked only in a general way. Others who have contributed illustrated weeklies and monthly periodicals, which are highly appreciated in the wards, are Mr. N. C. Stiles, Mr. Thomas G. Mather, Mr. A. R. Parshley, Dr. F. S. Quackenbos, Mr. F. C. Smith, Mrs. Frank Chase, Mr. F. B. Chaffee, Miss Anna Hubbard, Mr. F. B. Weeks, Mrs. Andrew D. Clark, Mr. H. D. A. Ward, Mr. T. M. Durfee. The Hon. Thomas Sanford during his lifetime set a commendable example by mailing occasionally a package of Fairfield County papers, which were especially gratifying to patients coming from that section. To the Paper Mission of the Southport Congregational Church we are indebted for packages of papers and

pamphlets, and to Miss M. G. Perry and others for a box of books and papers. From the Adjutant-General we received a copy of "Record of Service of Connecticut Men in the Army and Navy of the United States during the War of the Rebellion." A crayon portrait of the late Col. Thayer was presented by his family. Six paintings by Mr. Richard W. Hubbard were presented by the Hon. Robbins Battell. "One hundred dollars for some special need for the comfort or pleasure of the patients in the name of Frederick Marquand," was expended in the purchase of pictures, which was hung in the wards, where their presence afforded lasting gratification to successive occupants. We are under renewed obligations for newspapers which have been received directly from the publishers, as follows:

The Courant, Daily,	Hartford
The Times, Weekly,	Hartford
The Religious Herald,	Hartford
The Palladium, Weekly,	New Haven
The Morning News, Daily,	New Haven
The Tolland County Journal, Weekly,	Rockville
The Herald, Daily,	Middletown
The Constitution, Weekly,	Middletown
The Standard, Weekly,	Bridgeport

A retrospect over the record of these two years calls to mind the mutual good will existing between fellow workers in the service of the hospital and the many sympathies which bind us together. Long association, indeed, sometimes begets attachments whose strength is scarcely realized until after the tie is broken. So it was in regard to the late John W. Thayer, who for more than 13 years was an officer here, and whose leadership was universally acknowledged in affairs outside the strict line of his duties, such as music, dramatics, and the decoration of the grounds. The result of his mature judgment on matters forming an essential part of the daily routine of the institution will be lasting, and his memory will literally remain green as long as the trees, which he caused to be planted, put forth their annual foliage. His successor, Mr. Thomas M. Durfee, fitted into the vacant place so easily

that the wheels of our business machinery continued to revolve without a jar.

My colleagues on the medical staff * and all the officers are entitled to praise for untiring devotion to the interests of the patients and to the reputation of the hospital. It is a pleasure to heartily commend, also, other equally faithful helpers who in their various spheres of duty have done their best.

To you, gentlemen, whose critical oversight has been an inspiration, permit me to express a deep sense of obligation for the kindly consideration you have always shown.

Respectfully submitted,

JAMES OLMSTEAD, M.D.,
Superintendent.

Middletown, Conn., June 30, 1890.

*Shortly before the publication of these reports, Dr. Down was called to the Hartford Retreat, and Dr. A. B. Coleburn succeeded him.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year ending June 30, 1889.

RECEIPTS.

Amount of cash on hand July 1, 1888,	$49,733 37
Revenue from Hospital in July,	36,899 19
Interest on $40,000 deposited in Hartford (6 mos.),	529 91
Interest on Hartford Town Bond (Sargent Fund),	22 50
Revenue from Hospital in August,	14,146 31
" " September,	13,005.81
" " October,	29,094.49
" " November,	16,723 77
" " December,	11,969.63
" " January, 1889,	42,856.43
Interest on $40,000 deposited in Hartford (6 mos.),	611.39
Interest on Hartford Town Bond (Sargent Fund),	22 50
Revenue from Hospital in February,	12,140.38
" " March,	10,022 88
" " April,	26,657 95
" " May,	17,036.65
" " June,	8,381.87
	$289,855.03
Balance to new account,	$56,756.73

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1888,		$19,214.05
" " " " August,		18,760.46
" " " " September,		17,487 74
" " " " October,		18,366.49
" " " " November,		23,560.73
" " " " December,		25,343.70
" " " " January, 1889,		20,724.70
" " " " February,		18,798.92
" " " " March,		17,496.01
" " " " April,		20,120.28
" " " " May,		13,477.99
" " " " June,		19,747.23
Amount of cash dep. in Hartford Banks,	$40,000.00	
Amount of cash dep. in Middletown Nat. Bank,	16,756.73	56,756.73
		$289,855.03

M. B. COPELAND, *Treasurer.*

We hereby certify that we have examined the accounts of M. B. Copeland, Esq., Treasurer of the Connecticut Hospital for the Insane, for the fiscal year ending June 30, 1889, and find a balance in the hands of the Treasurer amounting to fifty-six thousand seven hundred and fifty-six and 73-100 dollars ($56,756.$\frac{73}{100}$).

FRANK L. RODGERS, } *Auditors of*
W. CECIL DURAND, } *Public Account.*

MIDDLETOWN, CONN., Sept. 12, 1889.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year ending June 30, 1890.

RECEIPTS.

Balance of cash on hand July 1, 1889,	$56,756.73
Amount of interest rec'd to July 1 on $40,000 dep. in Hartford,	601 14
Amount of revenue from Hospital received in July,	41,777.42
" " " August,	16,525.17
" " " September,	10,366.87
" " " October,	32,820.77
" " " November,	12,005.40
" " " December,	11,713 25
Amount of interest rec'd to Dec. 21 on $40,000 dep. in Hartford,	571.69
Amount of revenue from Hospital received in January, 1890,	33.472 31
" " " February,	21,907.51
" " " March,	11,542.70
72 days' int. at 3 %, on $40,000 dep in Middletown Nat. Bank,	240.00
Amount of revenue from Hospital received in April,	34,107.28
" " " May,	13,812.80
" " " June,	11,576.06
	$309,797.10
Balance brought forward,	$71,086.03

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1889,	$30,192.52
" " " " August,	15,718.27
" " " " September,	15,733.44
" " " " October,	17,514.17
" " " " November,	20,686 96
" " " " December,	24,150.33
" " " " January, 1890,	14,599.75
" " " " February,	18,167.51
" " " " March,	23,421 77
" " " " April,	18,462 75
" " " " May,	17,177.02
" " " " June,	22,886 58
Balance deposited in Middletown Nat. Bank,	71,086.03
	$309,797.10

M. B. COPELAND, *Treasurer.*

We hereby certify that we have examined the accounts of M. B. Copeland, Esq., Treasurer of the Connecticut Hospital for the Insane, for the fiscal year ending June 30, 1890, and find a balance in the hands of the Treasurer amounting to seventy-one thousand eighty-six and 3-100 dollars ($71,086.$\frac{3}{100}$).

FRANK L. RODGERS, } *Auditors of*
W. CECIL DURAND, } *Public Accounts.*

MIDDLETOWN, CONN., Sept. 9, 1890.

REPORT OF TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut, January Session, 1893:

The board of trustees of the Connecticut Hospital for the Insane respectfully present this, their twenty-fourth report, covering the period from June 30, 1890, to June 30, 1892.

We are gratified to be able to say that our frequent examinations of this institution have invariably resulted in thoroughly convincing us that the property and wards of the State have the most untiring and efficient oversight, and that nothing that can possibly conduce to the comfort of the patients or the proper care of the buildings is neglected.

We believe an examination of the tables showing the increase in the number of patients in the hospital, compared with the accommodations for them as stated, will be sufficient evidence that the present gratifying condition of things has only been attained by the exercise of the utmost skill and wisdom on the part of the superintendent and his associates. Certain it is that we have reached our largest limit of provision for the insane, except by the erection of further buildings for their use. This we firmly believe would be a detriment rather than an advantage to our hospital, and we hope that your honorable body will provide such other buildings for the care of incurably insane persons as will enable this institution to carry out its original design as a remedial hospital.

In addition to the ordinary care of the hospital property several needed improvements have been made, among which we would especially mention the additional reservoir, which makes a water famine no longer possible, and the erection and furnishing of a new, complete, and safe assembly room. Since January 1, 1792, we have been enabled to give all pauper patients the use of clothing without charge, and since April 1, 1892, the price of board has been still further reduced, the present charge being three dollars per week, and this has been accomplished without reducing the quantity or quality of either.

Under existing laws (see General Statutes, Chap. 230, Sec. 3688), this institution cannot receive inebriates except as declared insane, and many are so committed here, occupying room that properly belongs to and is sorely needed for those whose insanity arises from other and more enduring causes. We trust this will also be remedied, and that suitable provision will be elsewhere made for this class of unfortunates.

Since our last report we have had the misfortune to lose, by death, two of our esteemed associates, Mr. Lucius S. Fuller and Dr. J. W. Alsop, both of whom were faithful and earnest in their devotion to the interests of the hospital. We miss their presence and counsel, and realize more fully the importance of doing promptly every duty "while it is called to-day."

The terms of the following members of this board expire July 1, 1893: Edward S. Cleveland, Hartford county; Costello Lippit, New London county; George H. Nichols, Windham county; Wilbur B. Foster, Tolland county; Elijah K. Hubbard and John N. Camp, local trustees.

The subjoined report of the superintendent gives full and accurate information regarding every department of the hospital, and contains many suggestions and recommenda-

tions which have our approval, and to which we respectfully ask your attention.

Respectfully submitted,

MORGAN G. BULKELEY,	*Hartford.*
EDWARD S. CLEVELAND,	*Hartford.*
COSTELLO LIPPITT,	*Norwich.*
GEORGE H. NICHOLS,	*Thompson.*
WILBUR B. FOSTER,	*Rockville.*
WILLIAM BISSELL, M.D.,	*Lakeville.*
HENRY WOODWARD,	*Middletown.*
AUSTIN E. MAY, M.D.,	*Bethel.*
ANDREW C. SMITH,	*New Haven.*
ELIJAH K. HUBBARD,	*Middletown.*
JOHN N. CAMP,	"
BENJAMIN DOUGLAS,	"
SAMUEL RUSSELL,	"

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN — In obedience to the by-laws, I have the honor to lay before you a report of the condition of the hospital, together with the usual statistics in regard to the admissions and discharges during the two years ending June 30, 1892. That conformity with the alteration of the fiscal year of the State is in these matters not essential is a fortunate circumstance, for a change in the date to which the tables are made up would introduce into the series a period unequal to those preceding, which would plainly hinder accurate comparisons between the statistics of successive years.

The census of the patients shows an increase of 129 in the hospital's population during the biennial period, as appears in the following summary:

	Males.	Females.	Total.
Present July 1, 1890, ...	609	768	1,377
Admitted, ...	424	364	788
Discharged, ...	337	322	659
Present June 30, 1892, ...	696	810	1,506

On comparison with the number present six years previously, when the completion of the third large building permitted patients to be received freely, it is found that the increase during the interval has been at the average rate of sixty annually. This corresponds exactly with the estimate, which led the legislature of 1889 to enact that 120 beds be provided here in order to meet the demands of two years.

The detention of the patients present at the end of the biennial period was authorized by their commitment through the following channels:

1,354 committed as pauper or indigent patients by Probate Courts.
14 committed as private patients.
31 committed by the Soldiers' Hospital Board.
4 committed by the County Commissioners.
28 committed by the Governor's order.
59 committed by the Superior Court.
16 committed by the Police Courts.

1,506 Total.

Town paupers and indigent (not pauper) patients are committed to this hospital by Probate Courts under section 487, General Statutes, and during the last three years private patients also have been committed by Probate Courts in accordance with Public Acts, 1889, Chapter 162. (See Appendix.)

While the latter act or something equivalent was undoubtedly needed for private commitments, an unfortunate multiplicity in the forms of probate proceedings has resulted from the opinion, which arose in certain quarters, that the act was of univeral application. On the other hand, its application is self-limited in section 3 by the words "except when otherwise specially provided by law," and in section 17 by the words "nor shall they (foregoing provisions of this act) be construed as repealing section 487," et cetera. Therefore, as section 487 continues in force for the commitment of pauper and indigent insane, it is difficult to understand by what authority any probate judges can compel the guardians of the insane poor to suffer the additional expenses and delays of committal by the private process. This view is supported by the fact that a large majority of the probate judges continue to commit pauper and indigent cases under the old law as heretofore.

The extremely small number of private patients, tabulated above, cannot fail to be noticed. Whenever there is not room enough for the accommodation of the poorer classes without delay, the law (section 3613, Gen. Stat.) is understood to forbid the admission of private patients, and only a few old cases remain here. There is occasionally reason to suspect that persons, able to pay four dollars a week and denied the admission of a friend as a private, circumvent the

authorities by so misrepresenting their financial standing as to secure an indigent commitment, which abstracts one dollar and fifty cents a week from the State treasury undeservedly But in their defense be it said that these people, who are neither rich nor poor, are most perplexed when insanity enters their families. If they could afford to pay ten dollars or more a week the doors of private institutions would be opened. If they were merely paupers, the best care that the State can give any insane person would be theirs. Being able to pay four or five dollars a week there is no room for them here, and there is no room for them anywhere else because they cannot pay more.

As regards the relative number of town pauper and indigent patients, a curious fact comes to light. Table X, appended to this report, shows that more indigent than pauper patients have been admitted of late, while altogether from the opening of the hospital the paupers have been in the majority. A marked change is disclosed by running back only six years:

ADMITTED.	PAUPERS.	INDIGENTS.
1886–87,	186	151
1887–88,	188	185
1888–89,	173	191
1889–90,	155	189
1890–91,	178	208
1891–92,	137	199

The admission of fifty less paupers last year than six years ago can scarcely be regarded as evidence of lessening pauperism, and it appears that as the number of paupers has fallen off, the number of indigents has correspondingly increased. Now indigency is a condition of varying degrees. Every pauper, having nothing, is certainly indigent, but many indigent persons have some resources, and therefore are not paupers. The law which originated in 1867 recognizes this distinction by providing that when "an indigent person, not a pauper," is committed to the hospital, "half the expense of his support shall be paid by the State, and half by the person making the application" for his commitment. The price of board then was five dollars a week, and persons able to pay

two dollars and fifty cents a week and no more for the care of an insane friend were thus benefited. No doubt the same class are equally able to pay the same sum now. But the letter of the law is such that these indigent persons have shared equally with the State in reductions in the price of board, while the towns are required to pay two dollars and fifty cents a week for the board of each town pauper, the balance being paid by the State.

As the price of board is now only three dollars a week, an insane pauper may evidently obtain all the advantages of the State hospital at less expense to his town than the cost of keeping him in an almshouse, provided he can be committed as if he were an indigent patient — not a pauper. There is reason to believe that certain selectmen have found ways of doing this, and that the State is in consequence paying more than its legitimate share towards the support of town paupers because disguised as indigents. If this practice continues, the transfer of even the most mildly insane paupers from almshouses is likely to be limited only by the capacity of the hospital.

For months the hospital, being absolutely full, has been unable to receive patients except as vacancies have been occasioned by removals. Whenever an application is received for a patient's admission, it is recorded on the male or female list, and applicants are notified in regular turn as rapidly as the occurrence of vacancies permits. The overcrowding of the institution is seen by comparing the capacity of the buildings in which patients are kept with the number each contains, as in the following table :

	CAPACITY.	PRESENT JUNE 30, 1892.
Main House,	470	511
Middle House,	320	368
South House,	340	339
Annex,	30	31
Main Cottage,	190	193
Farm Cottage,	20	20
Fallon Cottage,	20	21
Roberts Cottage,	20	23
Total,	1,410	1,506

In the three last-named cottages, which are ordinary farm houses, an allowance of twenty beds each may seem excessive. But after an experience of many years, it is safe to say that no patients in your care are more contented than those privileged to enjoy the home-like freedom of the cottages. And, although stoves and oil lamps may involve fire risks, there is little danger of fatal casualties, because these two-story buildings are quickly emptied. The attics and mansards made of inflammable material four stories above ground may well cause much greater anxiety, inasmuch as the partially demented patients, compelled by the pressure from room to lodge there, cannot be moved rapidly.

This table also answers in part the frequent question as to the extent to which the system of detached buildings prevails here. One observes that patients are not all massed under a single roof, but are divided among eight separate buildings. These divisions presuppose classifications based on the mental and physical condition of the patients, and as the larger buildings have distinct wards, still further subdivisions result. The groups of patients associated together vary between wide extremes — here sixteen excitable women, there ninety-five quiet, industrious men; here rows of secure bedrooms, each for a solitary patient, there seventy insane men peaceably sharing a common dormitory; in the main building a score of dining-rooms that the various squads of recent cases may not annoy one another; in buildings of later date large central refectories in which more than a hundred patients congregate at meal times.

In the appended tables much information will be found. For instance, table IV tells the ages when attacks of insanity are most common, and table V shows that less than half of all patients admitted were born in Connecticut, that one-quarter of them came from Ireland, and half of the remaining quarter from other foreign countries. In regard to their residence, table VI shows that after New Haven and Hartford counties, Fairfield county has sent many more patients to the hospital than the others. In July, 1892, over two hundred

patients were present whose homes were in that county. This fact is of obvious significance in connection with further accommodations for the insane poor, which your board has repeatedly advised the legislature to provide elsewhere.

In the same connection, it may be worth noting that altogether 276 cases of epileptic insanity have been admitted, and at the time of writing this report there are 90 epileptics in the hospital. As every one knows, there are many more outside of the hospital whose mental faculties are very little affected, but who are kept from school, from church, and other public gatherings, because of the commotion occasioned by a convulsion. This, too, hinders them from getting employment except under especial care and oversight to protect them from accidents. Under such observation, however, they may enjoy their freedom, and be to a greater or less degree self-supporting. In the endeavor to meet the peculiar requirements of epileptics, the idea of collecting them in colonies has been practically developed in Europe. The parent colony was created about a quarter of a century ago at Bielefeld, in Germany, and its success has been such that now in more than sixty houses scattered about on a farm, over a thousand epileptics find a home, where their own labor contributes to their support. Besides farm work and house work, under intelligent supervision, various occupations are followed, as in any other community; for young epileptics there is a school where the common branches are taught. Dr. Frederick Peterson of New York, having brought this system into notice in a series of papers which commend themselves to the medical profession and to all who are interested in the care of the defective classes, the States of Ohio and California laid the foundation for such a community a year or two ago, and since then the legislature of New York has appointed a commission to select a site and prepare plans for a similar institution. If Connecticut were to follow this example, about a hundred beds here would be vacated, or in other words the admissions of nearly two years would be provided for. Such a village would obviously derive advantages if

located conveniently near an industrial and educational center, and the vicinity of New Haven is especially suitable, because the faculty of the medical department of Yale university would undoubtedly be willing to serve on the visiting medical staff, inasmuch as the object lessons in nervous phenomena presented by even a small colony of epileptics would be valuable to the medical classes. Tables XI and XII indicate that instructive examples of other diseases of the nervous system might also be occasionally transferred there for study. So many of the graduates of that school enter into practice in Connecticut that an arrangement contributing to their fund of knowledge would largely redound to the benefit of the public.

The four persons recorded in table XI as not insane remained under observation long enough to allay apprehension in regard to their sanity, and then returned home. One of them, by the way, had been an epileptic for years, during which domestic duties had been performed and children reared. While in hospital several seizures were observed, but no evidence of insanity.

As proving the wisdom of providing such accommodations for the insane that acute cases can always be received promptly, table XVII is interesting, for it demonstrates that of the number who had been insane less than a month when admitted, over 50 per cent. recovered, and that the percentage of recoveries steadily diminishes as the duration of the disease increases. Table XIX does indeed encourage the hope of recovery in protracted cases by enumerating the few who have recovered after being insane five or more years. But, nevertheless, comes the deduction that the average duration of insanity in 1,200 cases recovered was about one year.

Among the causes of death (table XXIII) may be noticed a marked increase in the number of deaths from diseases of the respiratory organs, following in the wake of the epidemics of influenza. In the same table are recorded two deaths by suicide and one by violence. The violence in this

instance was fracture of the skull by a piece of iron pipe in the hands of another patient, who had uniformly been peaceful and disposed to help rather than to injure others. His delusions were of a religious character, and in this homicide he claimed to have been commanded by the Deity. This and the deaths by suicide were of course brought to the notice of the coroner, and fully investigated in accordance with the law.

The 176 female patients admitted last year were subjected to studious inquiry as to the state of the pelvic organs by the resident female physician. In about one-third of the cases physical examination was unavoidably incomplete for various reasons, such as extreme debility or mental excitement or unwillingness of the patient. In one-half of the total number admitted pathological conditions were observed, and in fifty-three of these persons local treatment appeared to be unquestionably indicated. Although the majority consented readily enough to examination, only six solicited it. Several, who recovered their reason, may have owed mental restoration partly to the measures which, by allaying a source of irritation, contributed to the comfort and physical well-being of the patient. There were also similar invalids who had been admitted in previous years to whom local treatment equally needed was supplied.

While this bit of experience did not tend to support the idea, sometimes suggested, that insanity in women is largely due to uterine disease, it strengthened the opinion that abnormal conditions of the sexual organs, if not searched for, may fail to receive requisite attention, and that such attention is best given by a physician of the same sex as the patient.

The fact that persons directed to bring a patient to the hospital have been known to abandon their charge to the casual hackman at the railroad station, calls for more than passing mention. The law lays upon courts of probate the duty of appointing an escort for each patient committed. Thus in the committal of an indigent person, the court

"shall order him to be taken by the person making the application, or such other person as it may direct, to the hospital." (Gen. Stat., Sec. 487.) Disobedience of such an order on the part of the guard is not only an act of disrespect to the court, it is an act of disrespect to the invalid, who is temporarily thrust outside of the protection provided by law for him, and passed along from one man to another not selected or even known by the court. That one of these patients was a girl of 19 years, acutely insane, obviously aggravates the offense and demonstrates the importance of a law, such as exists in some States, requiring that every insane woman be accompanied by another woman when going to or from an institution. The law in the State of New York is so explicit on this matter that no apology is needed for introducing it here.

State of New York. Laws of 1890, Chapter 40.

SECTION 1. In every order, commitment, or direction made by any court, judge, or other officer, for the confinement of an insane or feeble-minded woman in any hospital, public institution, or other place, not located at the same place where such insane or feeble-minded person may be at the time such order, commitment, or direction is made, such court, judge, or other officer shall also direct therein that such insane or feeble-minded woman shall have as an attendant at least one suitable adult woman while in custody pursuant to such order, commitment, or direction, and while going to such hospital, public institution, or other place; and no officer or other person shall keep in his custody, or take to any hospital, public institution, or other place for the custody or confinement of an insane or feeble-minded person any insane or feeble-minded woman unless accompanied by such an attendant.

SEC. 2. Whenever any insane or feeble-minded woman confined in any institution of this State, under and pursuant to a commitment or order of any court, judge, or other officers, is to be transferred from one institution to another institution, or from any hospital or other public institution to a point outside of the city, village, or town where said hospital or public institution is located, the board of managers of the institution where said insane or feeble-minded woman is confined shall cause said insane or feeble-

minded woman, when so removed and transported, to be accompanied by one or more females in addition to the officer having her in charge.

Sec 3. The expenses of procuring female assistants required for carrying out the provisions of this act shall be a charge upon the city or county from which said insane or feeble-minded woman was committed.

Sec. 4. This act shall take effect immediately.

Female patients require special care not only before reaching the hospital and while here, but also afterwards. In England the "After-Care" association has for twelve years been engaged in the benevolent work of helping female convalescents of the working classes to obtain a fresh start in life by securing them employment where healthful influences tend to prevent relapses, and its published reports give detailed evidence of good accomplished. In our country, too, there is a natural hesitation to take into domestic service a recent graduate from an insane hospital. Women recovering from insanity sometimes shrink from the anticipated prejudices and prefer to postpone discharge longer than their health really requires. Recently this hospital has acquired a few hundred dollars as the nucleus of a fund, to which additional contributions will be gratefully accepted, for the encouragement of convalescents, either by slight rewards for labor — a sugar-coating to the occupation which promotes recovery — or by furnishing them with clothing or small sums of money when they leave this resting place. It devolves on the medical staff to advise the superintendent of patients near recovery, who may need to be helped by the fund. Some who have been thus temporarily aided are now self-supporting.

As in previous years, additional construction here and there has been called for by the growth of the institution.

(1) With more people to be fed the old slaughter-house had become inadequate, while the stable room in which fat cattle were transient guests was needed by other stock. So a new slaughter-house was built, covering 34 x 60 feet and

containing sixteen stalls, close to the dissecting room. Beneath are kept some hogs and aloft is hay. No fire is kindled in the building, for it is located so near the soap factory that steam is easily conveyed for heating water.

(2) An enlargement of the meat-house was also required in order to provide an additional cooling room.

(3) Ever since the number of patients in the middle house exceeded its capacity, the difficulty of seating them all in the two central dining-rooms has been apparent, and an extension in the rear, adding six hundred square feet to each of these rooms, diminished discomforts and the danger of collisions very perceptibly.

(4) Lack of space in the wash-room of the laundry, referred to in the last report, was relieved by an addition of 20 x 64 feet carried up the full height of the building. By this means it was possible to have the sewing-room adjoin the ironing and sorting-room, which has been found to lighten labor.

(5) In the last biennial report the need of a larger assembly room was mentioned. The amusement hall was not only too small, but being in an attic, approached by narrow stairways, there certainly would have been loss of life if a fire had occurred during an entertainment. The new room, which, after considering various plans, you caused to be erected above the low kitchen building sixty feet behind the main center, has during its first season justified your decision. It covers an area of 60 x 90 feet, and the brick walls were carried up far enough to allow of a gallery in which a new organ has been placed. The audience room is on a level with the office story of the main building, with which it is connected by enclosed iron bridges six feet wide — one for each sex. There is also a stairway of ample width to the floor beneath and thence out of doors. There are cloak rooms under the gallery, to which patients may retire if taken suddenly ill during a performance. The interior decorations, although simple, are generally admired, and reflect credit upon Mr. David R. Brown, the architect. The stage

is spacious and its various arrangements have proved to be practically convenient. The location simplified connection with steam, water, and gas supply. It has seats for 620 persons.

(6) In the same report reference was made to the purchase of land required for another reservoir. This has been completed and connected with the eight-inch water main by 1,500 feet of pipe of the same diameter. The capacity of the reservoir is estimated at 25,000,000 gallons, and when full the water level is 160 feet above the first floor of the main hospital building. The sources of its supply are entirely distinct from the streams which run into the other two reservoirs, and the water is equally free from liability to pollution. With such storage capacity and with two mains for conveyance of water from the reservoirs to the buildings, insufficiency from any cause seems to be extremely improbable. Gratifying, indeed, is freedom from the discomforts which have been repeatedly experienced in times of drought and from the apprehension of lack of water in case of fire.

(7) Extending from the ground to the roof, an iron balcony has been attached to the rear of certain wards for females patients — some of them hopeful cases — in order that those unable to walk out may have some sunlight in the open air. There is, too, an opportunity for exercise, as the balcony surface on each story is 45 x 12 feet. In winter the exposed sides are covered with glass, and thus benefit is received the year round.

(8) Finally, at the close of the period covered by this report, an addition to the store (the need of which was also stated two years ago) is in process of construction. There are two stories above the cellar, and when completed a space of 20 x 40 feet on each floor will be gained for storage of miscellaneous supplies.

The various repairs continually demanding attention, afford opportunities for the introduction of improvements. For example, metallic ceilings have in several instances been substituted for plaster which had fallen; the somewhat antiquated

method of steam heating in the oldest group of buildings has been revised, and the heating is now accomplished by steam at much lower pressure than formerly; the local telephone circuit connecting the several buildings with one another has been renovated and so extended as to put the main office into communication with the wards in the same building.

Among improvements in contemplation may be mentioned the extension of the system of sewage irrigation to portions of the farm not hitherto reached, experience justifying the confident expectation of favorable results.

Also in contemplation is a grove on the hospital farm at a suitable distance, where walking parties of patients, without annoying anyone, may find a capacious and retired place to rest before returning to the hospital — a place vastly better than alongside the public highways. Near the men's arbor a clump of trees, planted by the late Colonel Thayer, already begin to spread grateful shade, and at the north end of the grounds a year or two ago a similar cluster was started with the hope that years hence the female patients may there get healthful diversion with swings, croquet and the like, when extreme heat forbids longer walks.

The advantages which an institution for the insane derives from its farm are indicated in part by a statement of the amount of farm products. This has been prepared with usual care by the farmer, and is herewith submitted. These products represent one of the ways in which the labor of patients contributes to their maintenance, and it is also to be remembered that the patients who labor gain from their occupation physical vigor and healthier mental action. Even if they do not fully recover, they are much less unreasonable, and get much more enjoyment out of life then when idle. Another advantage presented by the farm, especially by that portion upon which sewage can run, consists in its being a field for the harmless disposal of offensive excreta and their transformation into food.

As in farm work so in other occupations, patients are

helped by helping. Thus some of the insane criminals, whose range of activity is necessarily circumscribed, find in the workshop connected with their quarters a manifest relief from the tedium of confinement. To show the variety of their tasks the record of what has been done in the shop is appended. Likewise a summary of the work in the sewing rooms, under the matron's direction, testifies to the industry of some of the female patients. Others busy themselves with needlework in the wards, or assist in various domestic duties. With so many willing to contribute the labor of their hands toward the common good, it is no wonder that you have been able to reduce the price of board from $5.00 a week at first to $3.00 a week at last.

The abstract of vouchers and the financial statement for each of the two years separately are to be found in connection with the treasurer's report.

The increasing population of the hospital increases the necessity of emphasizing the long-standing regulation of your board that visitors shall not be admitted on Sunday, and of impressing the distinction between this day and others on the minds of the patients in various ways. Chief among these are, of course, the public exercises of God's worship in the chapel, which are attended by as many as are willing and able to be present. The clergymen of every denomination, who have brought us the comforts of religion, are entitled to the gratitude of all.

From November to May, frequent evening entertainments in the assembly-room are enjoyed by the intelligent minority of our patients, and the labor of preparing them is not without pleasure to those engaged in the work, although often a heavy tax on time that might well be devoted to more serious studies. The character and variety of these performances are exhibited in the following list of entertainments, 1890–92:

MUSICAL AND DRAMATIC.

Entertainment by Misses Drew, Ayer, and Ludlow.
Entertainment by Messrs Grumbine, Thayer, and Arnold.
By the Wesleyan Glee Club, one concert.
By the Hospital Company, plays five evenings, operetta one evening, concerts three evenings, varieties two evenings.

LECTURES.

By Mr J. E. Littlefield, "Abraham Lincoln."
By Mrs. Elizabeth B. Custer, "Reminiscences of Frontier Life."
By Miss Susan E. Littlefield, "Deaf Mutism and Visible Speech."
By Mr. Ernest King, "Victor Hugo."
By Mr. Ernest King, "The Neighborhood of London."
By Mr. F. S. Goodrich, "Palestine," illustrated by stereopticon.
By Dr. H. C. Hovey, "Caves," illustrated by stereopticon.
Mr. W. R. Morgan, "The Passion Play," illustrated by stereopticon.
By resident officers, eight lectures, illustrated by stereopticon.

READINGS.

By Miss Florence Russell, two evenings; by Miss Lizzie Gleason; by Miss Helen Chaffee, assisted by Mrs. E. C. Noble; by Miss Lizzie D. Lyman, assisted by Miss Katherine Clark.

MISCELLANEOUS.

Entertainment by Messrs. Wright and Burns, assisted by local talent.
Crayon sketches by Mr. George E. Little.
Ventriloquism by Mr. H. T. Bryant.
Dancing parties, twenty-five evenings.

Those named in the above list who, although not connected with the hospital, generously sacrificed their convenience to contribute to the happiness of our sequestered friends, may be assured that their efforts were thankfully appreciated.

The musical members of our fraternity deserve commendation for having kept up the organization of the band, the orchestra, and the choir, each of which contributes its share to the pleasure of the patients.

The gentlemen of the medical staff in the winter of 1890–91 prepared and delivered a course of twenty-five lectures, supplemented by recitations, on practical topics connected with the care of the sick. About half of the attendants embraced this opportunity for self-improvement. But, alas! only one-third of the pupils were in the service a year later.

Donations of reading matter left in the hospital box at Mr. Hazen's bookstore will be called for and their receipt acknowledged if the names of the donors are known. Thanks are due to Mr. L. R. Hazen for the *Century Magazine* regularly received every month, and for a quantity of German illustrated papers. We are also indebted for illustrated papers and magazines, always prized by the patients, which were given by Rev. C. A. Piddock, Mr. N. C. Stiles, Mrs. Andrew D. Clark, Mr. John M. Douglas, Prof. W. O. Atwater, Dr. Joseph W. Alsop, Mr. H. D. A. Ward, Dr. O. S. Watrous, Mrs. Sarah F. Whittlesey, Dr. F. S. Quackenbos, Mr. W. H. Chapman, Mr. Ira L. Gardiner, Mr. D. S. Moseley. Miss M. G. Perry sent a box of books and papers, Mrs. B. W. Tompkins a barrel of periodicals, Miss Susan Stephens a copy of "Shepp's Photographs of the World." Mr. M. B. Copeland contributed forty books, a valuable lot of instrumental and vocal music, and a quantity of stereopticon views, Mr. F. B. Weeks a dozen books, Mr. William H. Burrows four volumes of *Scribner's* and thirteen volumes of the *Century*, the Middletown Y. M. C. A. miscellaneous reading matter, Mr. Reuben Beach a night-blooming cereus, Mr. James H. Kelsey a double white clematis. A portrait of the Rev. C. T. Woodruff was presented by the Hon. Robbins Battell, one of Gov. James E. English by the Hon. E. S. Cleveland, and one of Dr. J. W. Alsop by Messrs. Samuel Russell and E. K. Hubbard.

The patients, who especially enjoy reading the news from their homes, are under obligations to the publishers of the following newspapers for gratuitous copies:

The Courant, daily,	Hartford, Conn.
The Times, weekly,	" "
Religious Herald, weekly,	" "
The Palladium, weekly,	New Haven, Conn.
The Morning News, daily,	" "
The Tolland County Journal, weekly,	Rockville, Conn.
The Herald, daily,	Middletown, Conn.
The Standard, weekly,	Bridgeport, Conn.

This chapter of the hospital's history would be incomplete without a cordial recognition of the valuable services of my comrades, including all those who have overcome difficulties, dangers, and various trials in the faithful performance of duty. While mourning the loss of some efficient helpers, there is cause for thankfulness in the reflection that vacant places have been filled with good material and that the working force has been strengthened by meritorious additions, as required by the additional number for whom we work.

Lastly, gentlemen, believe me deeply sensible of my indebtedness to each member of your board, with whom it has been my privilege to take counsel during these years, for the unvarying kindness which has made service a pleasure.

Respectfully submitted,

JAMES OLMSTEAD, M.D.,
Superintendent.

Middletown, Conn., June 30, 1892.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year ending June 30, 1891.

RECEIPTS.

Balance of account as rendered July 1, 1890,	$71,086 03
Amount of revenue in July,	35,447.94
Interest on bank deposit from March,	683.35
Amount of revenue in August,	13,338.10
" " September,	13,314.51
" " October,	35,576.22
" " November,	14,441.56
" " December,	10,800.12
Amount of interest received on Sargent Fund ($1,000),	30.20
Six months' interest on bank deposit,	836.75
Amount of revenue in January, 1891,	39,467 20
Rebate on Distiller Cattle Feed Co.,	4.18
Amount of revenue in February,	14,820.55
" " March,	12,204.82
" " April,	34,805.81
" " May,	13,639.24
" " June,	13,587.95
Six months' interest on bank deposit,	924.74
Amount of interest on Sargent Fund,	20.00
	$325,029.27

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1890,	$28,347.20
" " " " August,	28,919.04
" " " " September,	19,794.75
" " " " October,	22,095.72
" " " " November,	20,530 83
" " " " December,	23,155.16
" " " " January, 1891,	16,791.80
" " " " February,	16,996.73
" " " " March,	18,353.87
" " " " April,	18,028.02
" " " " May,	18,230.18
" " " " June,	25,313.82
Balance of cash on hand June 30, 1891,	68,472.15
	$325,029.27

M. B. COPELAND, *Treasurer.*

We hereby certify that we have examined the accounts of M. B. Copeland, Treasurer of the Connecticut Hospital for the Insane, for the fiscal year ending June 30, 1891, compared the vouchers therewith, and found the same correct, and that there remained in the hands of the Treasurer the sum of sixty-eight thousand four hundred and seventy-two dollars and fifteen cents ($68,472.15).

GEORGE F. LINCOLN, } *Auditors of*
D. WARD NORTHROP, } *Public Accounts.*

MIDDLETOWN, CONN., Sept. 18, 1891.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year ending June 30, 1892.

RECEIPTS.

Balance of cash on hand July 1, 1891,	$68,472.15
Amount of revenue from Hospital received in July,	37,890.89
" " " " August,	9,749.49
" " " " September,	19,651.49
" " " " October,	33,110.73
" " " " November,	21,392 97
" " " " December,	13,210.26
Six months' interest on balance in Middletown National Bank,	979.29
Amount of revenue from Hospital received in January, 1892,	40,810.81
Six months' interest on Sargent Fund ($1,000),	20.00
Amount of revenue from Hospital received in February,	14,085.37
" " " " March,	13,348.75
" " " " April,	31,569.55
" " " " May,	19,868.93
Six months' interest on Sargent Fund ($1,000),	20.00
Amount of revenue from Hospital received in June,	10,739.78
Six months' interest on balance in Middletown National Bank,	1,337.02
	$336,297.48

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1891,	$22,537.93
" " " " August,	24,335.60
" " " " September,	23,875.38
" " " " October,	19,523.53
" " " " November,	17,493.00
" " " " December,	16,742.74
" " " " January, 1892,	18,807 92
" " " " February,	18,229.94
" " " " March,	16,179.57
" " " " April,	16,545.05
" " " " May,	18,883.70
" " " " June,	63,078.43
Balance deposited in Middletown National Bank,	60,064.68
	$336,297.48

M. B. COPELAND, *Treasurer.*

We hereby certify that we have examined the accounts of M. B. Copeland, Treasurer of the Connecticut Hospital for the Insane, for the fiscal year ending June 30, 1892, compared the vouchers therewith, and found the same correct, and that there remained in the hands of the Treasurer the sum of sixty thousand, sixty-four dollars and sixty-eight cents ($60,064.68), and also the further sum of forty-four thousand, two hundred dollars ($44,200.00), as a special appropriation account.

D. WARD NORTHRUP, } *Auditors of*
BENJAMIN P. MEAD, } *Public Accounts.*

MIDDLETOWN, CONN., Dec. 16, 1892.

REPORT OF THE TRUSTEES.

To the Honorable the General Assembly of the State of Connecticut:

The trustees of the Connecticut Hospital for the Insane respectfully submit their twenty-fifth report, together with the reports of the superintendent and treasurer, covering the period from July 1, 1892, to June 30, 1894, inclusive.

In presenting this report the trustees deem it a matter for congratulation that they have never had occasion, in consequence of serious errors or complaints, to make to your honorable body, or to the public, an apology, explanation, or defence of the management of the institution. It has ever been open to the inspection of all properly authorized persons, and all having special reasons for inquiry have received particular attention. Careful oversight has been exercised by the trustees, and in their unannounced visits they have received the cordial co-operation of the officers, who have always appeared as though conscious that they were doing their duty, having nothing to conceal or to dread from the most searching examination. The hospital still maintains its high character; whatever improvements study or experience have developed have been adopted, and its officers have not been behind others in devising means for the better care and improvement of the unfortunate class over whom they have oversight.

It is not necessary to urge that skillful medical treatment, proper food, and care as to regularity of habits, are not all that should be expected of a hospital. Great and, in many cases, equal benefit may be derived from judicious employment, varied amusements, and pleasant surroundings, such as well-arranged grounds, ornamented with trees, shrubs, and

flowers. Influences derived from these sources powerfully tend to divert the attention of the insane, to correct the morbid action of their faculties and give a healthy tone to the activities of their bodily and mental powers. One result in this institution has been the lessening of restraint till only a very few inmates, and for very special reasons, are subjected to it.

The number of patients present at the end of the period was 1,580, more than a hundred in excess of the number for whose accommodation provision has been made. Applicants for the admission of patients are obliged to wait several weeks for vacancies. Under these circumstances it is especially regretted by the trustees that valuable space needed by innocent persons should under the mandate of the law be occupied by convicts. The hope, expressed in a previous report, is still entertained that suitable quarters for insane convicts may be constructed at the State Prison, and that Section 3617, General Statutes, directing their transfer to this hospital, may be repealed.

Since, notwithstanding the advice of the trustees, it was decided to further enlarge this institution, the State is to be congratulated on acquiring possession of land well adapted for the location of buildings. The report of the building committee, presented herewith, contains interesting intelligence of the progress of the work, whose completion will at least partially relieve almshouses of insane inmates.

Twenty-five years having passed since the hospital was opened, it has seemed fitting that some memoranda of its history should be collated and published as an appendix to these reports for the information of your honorable body; this has accordingly been done.

It is gratifying to call attention to the fact that, favored by low prices of various necessaries of life, a further reduction has been possible in the price of taking care of the insane poor, which, since April 1, 1893, has been at the rate of only $2.80 per week.

The trustees have had occasion to mourn the loss by death of two of their number — the Hon. Benjamin Douglas, who

was a member of the board almost from the outset, and, while his health permitted, was second to none in devotion to the welfare of the insane and to whatever concerned the interests of the hospital; Mr. John N. Camp, whose active mind and unusual qualifications in practical business affairs made him a valuable member of the finance committee.

In the places of these members Mr. Horace F. Boardman and Mr. Frank B. Weeks were appointed.

The official terms of the following named trustees will expire July 1, 1895: Henry Woodward, Middlesex county; William Bissell, Litchfield county; Austin E. May, Fairfield county; Andrew C. Smith, New Haven county; Samuel Russell and Horace F. Boardman, "from the vicinity of the institution."

Respectfully submitted,

LUZON B. MORRIS,
HENRY WOODWARD,
WILLIAM BISSELL, M.D.,
AUSTIN E. MAY, M.D.,
ANDREW C. SMITH,
WM. D. MORGAN, M.D.,
COSTELLO LIPPITT,
GEORGE H. NICHOLS,
WILBUR B. FOSTER,
SAMUEL RUSSELL,
HORACE F. BOARDMAN,
ELIJAH K. HUBBARD,
FRANK B. WEEKS.

REPORT OF BUILDING COMMITTEE.

To the General Assembly of Connecticut:

The Legislature of 1893 having decided to provide additional accommodations for the insane, the following resolution was passed:

SENATE JOINT RESOLUTION NO. 351.

APPROPRIATION FOR THE CONNECTICUT HOSPITAL FOR THE INSANE.

Resolved by this Assembly: SECTION 1. That a building committee of five members, three of whom shall be elected by the trustees of the Connecticut Hospital for the Insane, and two of whom shall be elected by the Senate, be and are hereby authorized and directed to cause the erection in the town of Middletown, of a suitable building sufficient for the accommodation of two hundred and fifty insane persons of the class known as incurable insane.

SEC. 2. Said committee is hereby authorized and directed to expend for said purpose such a sum of the moneys now held by said trustees of said hospital, not to exceed seventy thousand dollars, as shall be necessary.

SEC. 3. A further sum of thirty thousand dollars, or so much thereof as shall be necessary, is hereby appropriated from the State treasury, to furnish and complete said building.

Approved, June 30, 1893.

In compliance with this act, the Senate having elected the Hon. Seth J. Hall of Meriden and Dr. Matthew T. Newton of Suffield, the board of trustees appointed Mr. A. C. Smith of New Haven and Messrs. Samuel Russell and Henry Woodward of Middletown, to complete the committee.

This committee organized by appointing Henry Woodward chairman and treasurer, and Samuel Russell secretary.

There being no suitable site for locating the new buildings on the land owned by the State, a very desirable piece of land contiguous to the hospital property, conveniently located

and admirably adapted for the purpose, was purchased, upon which the buildings have been placed.

The buildings known as the south hospital having proved very satisfactory to all the officers of the institution, your committee requested several architects in this State to make plans and specifications for a building upon the same general plan of the one named, using every means to make the structure as nearly fire-proof as possible.

Several plans were presented and considered, but the estimated cost of all but the one furnished by Messrs. Curtis & Johnson of Hartford, was found to exceed the amount appropriated by the General Assembly.

This plan, which called for a plain and substantial structure of brick, relieved by terra cotta ornaments, and of what is known as the slow-burning construction, was adopted.

After an examination of several systems for the purpose of heating and ventilating the buildings, your committee decided to adopt that of the Sturtevant Company of Boston, Mass.

Bids having been received, the contract for the building was awarded to Mr. H. B. Philbrick of Hartford, and for heating and ventilating to the New Haven Heating and Plumbing Company of New Haven.

The buildings are now well advanced and will be ready for occupancy in the early spring.

Water was conveyed to the grounds from the hospital reservoirs, the excavations for laying the pipes, as well as the grading and sewering, being done by the inmates of the hospital without expense to the State.

The cost of the buildings will be very nearly as follows:

Contract for mason and joiner work, slating, painting, and plumbing,	$75,000.00
Land,	5,000.00
Heating and ventilating,	11,200.00
Surveying,	135.00
Water-pipe and connections,	1,166.00
Architects and incidentals (estimated),	3,500.00
Total,	$96,001.00

This will leave a balance of about $4,000 to apply to furnishing the building, which falls below the estimate for that purpose, but your committee are in hopes that arrangements can be made whereby the legislature will not be called upon for any further appropriation.

SETH J. HALL,
MATTHEW T. NEWTON,
ANDREW C. SMITH,
SAMUEL RUSSELL,
HENRY WOODWARD,
Committee.

REPORT OF SUPERINTENDENT.

To the Board of Trustees of the Connecticut Hospital for the Insane:

GENTLEMEN:

I beg leave to present for your consideration the following report of the condition of the hospital during the two years from July 1, 1892, to June 30, 1894, inclusive, together with tables containing such information as your by-laws direct concerning the patients admitted and discharged.

The changes in the census of the patients during this biennial period are exhibited in condensed form thus:

	Men.	Women.	Total.
Present July 1, 1892, ...	696	810	1,506
Admitted, ...	382	314	696
Discharged, ...	325	297	622
Present June 30, 1894, ...	753	827	1,580

It appears that there has been an increase of seventy-four in the total number under treatment, and, as the hospital was full to overflowing two years ago, the question may naturally be asked, How has it been possible to accommodate more? The answer is, that thirty-eight patients have been temporarily lodged in the old chapel in the center of the main building, by postponing for a time other uses for which that room is needed; and that thirty men have been accommodated in a comfortable farm house standing on land purchased for additional buildings, while a few extra beds have been crowded in here and there. The number admitted has been fully up to the limit of the hospital's capacity, and during a large part of the time it has been impossible to receive patients without a delay of several weeks. It has, therefore, been

necessary to caution people generally to make application for the admission of patients before bringing them to the hospital, applicants being admitted in regular turn as fast as the occurrence of vacancies permits.

The following table shows the methods of commitment which justify the detention in the hospital of the patients present June 30, 1894:

1,413 committed as pauper or indigent persons by the probate courts.
14 committed as private patients.
27 committed by the Soldiers' Hospital Board.
6 committed by the county commissioners.
42 committed by the Governor's order.
63 committed by the superior court.
15 committed by the police courts.

1,580 Total.

To the question how these patients are supported, the answer is that:

847 paupers are supported by towns and by the State.
566 indigents are supported by friends and by the State.
27 soldiers are supported by the State.
6 jail convicts are supported by the State.
41 Governor's commitments are supported by the State.
1 Governor's commitment is supported by the town and State.
14 private commitments are supported by private funds.
3 criminal court commitments are supported by private funds.
23 criminal court commitments are supported by towns and State.
52 criminal court commitments are supported by the State.

1,580 Total.

Commitments by the governor now include convicts from the State Prison, convicts from the county jails (heretofore committed only by the county commissioners) and insane paupers not belonging to any town in this State. With the passage of Chapter 46, Public Acts, 1893, providing for the commitment by the governor of convicts serving sentences in county jails, it is surprising that the imperfect statute was not repealed which permits such persons to be sent from jails to the hospital by the county commissioners. In the latter case no medical certificate of the patient's insanity is filed at the hospital, nor is there any authority for the patient's de-

tention after the expiration of his sentence if he continues insane; and yet he may be so demented or so dangerous that the safety of himself or of the public may be imperiled by setting him at liberty.

The distribution of the patients among the several buildings of the hospital is exhibited in the following table, which also indicates how far in excess of the true capacity of the hospital is the number under treatment in it:

	Capacity.	Patients.
Main Hospital,	470	548
Middle Hospital,	320	370
South Hospital,	340	340
Annex,	30	31
Main Cottage,	190	197
Farm Cottage,	20	20
Fallon Cottage,	20	21
Roberts Cottage,	21	23
Hubbard Cottage,	30	30
Total, June 30, 1894,	1,440	1,580

Evidently this system of detached buildings, the larger ones being subdivided into separate wards, must contribute very greatly to diminish the unfavorable influence of different types of insanity upon one another.

Even a cursory glance through the wards will impress the observer with the large preponderance of chronic over acute insanity. Formerly, in one of the tables annually printed, there was an attempt to estimate how many of the patients in the hospital at the end of each year were likely to recover. But that table was discontinued long ago, so small was the number present at any given time whose recovery could be predicted as probable. According to the statistics appended only 74 of all remaining in the hospital have been insane less than one year, and 1,018 have been insane over five years; of all admitted during the last biennial period, 340 had already been insane longer than one year, and 150 had been insane from five to thirty or more years when admitted. Taking

into consideration other circumstances besides duration, barely one-third of 358 persons admitted last year were in such a condition as would justify expectation of recovery even in the most favorable environment.

When the present overcrowded state shall have been relieved by the completion of the building now in process of construction, the wards of the main hospital, originally designed for the reception of acute cases, might be better fitted than now for successful treatment in various ways additional to the removal of chronic disturbers. For instance, the long, rather gloomy corridors, not calculated to dispel timid forebodings from the minds of new comers, might become far more attractive by projecting bays, as appear in buildings of later date. Infirmary wards or buildings, devoted exclusively to the care of patients so ill as to require special nursing, also might be beneficial; and a building need not be large to hold all these sick persons (were it best to group them), for the number confined to bed is surprisingly small in comparison with the total, as shown for each quarter of last year by the subjoined table:

Patients.		Male.	Female.	Total.
1893—July–Sept.	Average number present. .	715.08	825.79	1,540 87
	Average number sick in bed,	3.22	17.46	20.68
Oct.–Dec.	Average number present, .	716.68	822 88	1,539.57
	Average number sick in bed,	3.91	13.87	17 78
1894—Jan.–Mar.	Average number present. .	741.46	825 51	1,566.97
	Average number sick in bed,	6.13	11 49	17.62
Apr.–June.	Average number present, .	747 16	824 91	1,572.08
	Average number sick in bed,	6 37	11.82	18.19
During the year.	Average number present, .	730.09	824.77	1,554.87
	Average number sick in bed,	4.90	13.66	18.56

However, it should be remembered that these invalids, unlike those in a general hospital, are affected with such widely different forms of insanity that not all of the same sex could well be together. Tempting as might be the vine-screened piazzas, the cheerful fireplaces, the dainty diet, the trained nurses, and the other equipments of an infirmary, the

fastidious hypochondriac would protest against being near puerperal mania. Perhaps of more practical utility would be apartments for each sex, in which patients, brought from poorly kept almshouses and even less tidy tenements, might be stripped of their vermin-loaded clothing and be treated to the surprise of a Turkish bath before admission into the wards.

Under the title of toxic insanity (table XI) are classified twelve persons, admitted during the biennial period, who were insane only so far as addicted to the excessive use of certain drugs — alcohol, morphine, chloral. These having been eliminated, the patients were rational and were discharged not as recovered, for brief abstinence from habitual indulgence is not supposed to be curative, but as unimproved. Strangely enough, it is sometimes necessary to inform people that this is not an inebriate asylum.

The statistical tables also show that during the last two years five persons were admitted who disclosed subsequently no evidences of insanity. After such detention as study of their cases and respect due to the committing authorities demanded, they were discharged as not insane, without intending thereby to reflect upon the judgment or sincerity of our professional brethren, who signed certificates of insanity.

Take for example the following case: A girl, 16 years of age, with a hereditary predisposition to insanity and an excitable temperament, after inhaling nitrous oxide gas, exhibited hysterical symptoms, appeared to have hallucinations of sight, was violent and threatened suicide. These phenomena alternated with occasional lucid intervals for several weeks, until reluctantly it was decided to remove her from home to the hospital, and she was committed in due form. The result was that the power of self control promptly reasserted itself, and, after spending three weeks here without any indication of insanity, the patient was gladly welcomed home, certainly no worse for her visit.

Another patient not insane was a convict; and in respect to this class of persons the utmost precautions against error

are unquestionably exercised. Yet this shrewd thief was not the first convict to interrupt the monotony of imprisonment by feigning insanity successfully. Two of them have been brought from the prison three times with histories of violent mania, never exhibited here. Reported to be sane, each one has twice been taken back to prison only to exemplify the truth of a well-known writer's observations that "there are persons in these asylums who rather try to suppress than to welcome symptoms of recovery, and when turned out they manœuvre to get in again."

Not merely does the existing statute tempt the malingerer, but it increases the risk of escapes. The rigorous discipline and safeguards of a prison are not in harmony with the spirit of a hospital. No patients need exercise and occupation more than do these convicts, but no others are so watchful of the smallest loop-hole. Two of them, last year, while at work under apparently sufficient guard, managed to escape. Otherwise they would a little later have returned to prison, for their insanity — of that peculiarly transitory type — had vanished on the way hither.

Of all others who attempted to escape during the biennial period, only one is missing — a man who had been accustomed to help in the lawn work and had shown no disposition to harm himself or any one else. In such cases as this the misfortune of occasional escapes is believed to be overbalanced by the benefits of occupation or "industrial treatment," as some one has put it, and aptly, too, for the things that may engage an insane person's attention and may keep his hands out of mischief, are by no means beneath the notice of the physician, and when among several hundred cases of chronic insanity not a dozen are ailing, but many idle, surely it is strictly within the bounds of medical work to devise various methods of keeping as many patients as possible busy in healthful ways. It is well to remember that not every chronic case is incurable. Of 1,395 recoveries, it appears (table XIX) that 419 cases — nearly one-third — had been insane longer than a year, and that nearly fifty of them recovered after a duration of more than five years. For a year or two,

in the winter days especially, an increasing amount of needle-work has been done in the women's wards, and credit is due to the supervisors and attendants whose active coöperation contributed to good results. Statements of the amount and variety of work done in the sewing-rooms and the men's workshop are appended for the purpose of showing how some of the patients are employed. The word occupation, if used not merely in the sense of labor, but of whatever keeps one busy, embraces such diversions as games, reading circles, schoolroom exercises, and winter evening entertainments; the latter involving an expenditure justified only on account of the benefit derived from them by intelligent patients; and it is solely on this account that the medical staff lead in the preparation of these entertainments. As an element of treatment, also, the musical organizations — the band and the orchestra — are kept up under the efficient direction of a member of the staff.

In the department of gynæcology it has become customary for the female patients soon after admission to meet a physician of their own sex whose duty is to ascertain about the existence of diseases peculiar to women. In about half of the number admitted during the two years under review there was either no probability of local disease or there were sufficient reasons to forbid examination. The majority of the 155 women examined suffered more or less from morbid conditions susceptible of at least partial benefit from treatment adopted. This work was done mostly by Dr. Mary Harley, whose service of eighteen months as interne extended from the conclusion of Dr. Sherman's term, December, 1892, to June, 1894, when Dr. Weston was engaged.

In the department of pathology it is gratifying to note more minute and systematic study than has been possible in years past. For, when the temporary absence of one and another of the assistant physicians made additional help necessary, a recruit was secured in the person of Dr. L. Pierce Clark, who was recommended by his instructors, and has shown ability to do creditable work in this branch of medical science.

Looking over the record of deaths during the biennial period, it appears (table XXIII) that only two of them were due to causes of such a nature as to call for special mention. One was a case of diphtheria, which developed a week after the patient's admission. There had been no diphtheria in the house for a long time previously, and no other deaths from this cause followed. The other case was that of a man, who had been in the hospital three years, and lost his life by rashly trying to escape at night from an upper window. The improvised rope of bed covering parted, and the patient, falling to the ground, sustained injuries from which death resulted within six hours. Nearly a fifth of all who died since the opening of the hospital had passed the age of three-score and ten years, and more than a third of them (table XXIV) had been deprived of reason from five to fifty years, waiting for "life's tedious nothing" to be ended.

The list of major improvements made under your direction represents fairly the variety of mechanical work which, in addition to numerous minor repairs, must be provided for in each year's estimate of expenses.

First in point of time is to be noted an ice-house, located beside one of the reservoirs, capacity 1,200 gross tons, like the one already standing near the other buildings, the intent being to gather a double crop whenever practicable, in order to prepare for the contingency of a mild winter. Such was the next winter after the new house was filled.

2. An additional piggery, well lighted and ventilated, containing seventeen pens — each one usually the nursery of a little family — was built on a stone foundation with brick walls from the ground to three feet above the floor, wooden superstructure and slate roof. The floor is easily kept clean, all refuse matter dropping through trap doors into the cellar.

3. The system of sewerage disposal by surface irrigation was extended by laying 3,300 feet of six-inch cast-iron pipe across Butler's Creek and up to the top of the ridge, on either side of which the cultivated part of the farm is located. The effect was not only to increase the quantity of produce by

enriching the soil, but, by watering it, vegetation was saved from destruction during a drought.

4. In the main building the original inflammable partition walls of six elevator wells were replaced by brick carried up through the roof, and a seventh elevator well was abolished by uniting the dining-rooms on each floor. The brick walls of two dust chutes terminating in the attic were also continued through the roof, in order to lessen fire risks.

5. A frame cottage, containing eight bedrooms, was erected in a retired part of the grounds to provide suitable sleeping quarters for persons on night duty. The rooms on the wards which they vacated were filled by patients.

6. The workshop in the annex being no longer large enough, a one-story shop of brick with slate roof was built close by. Its floor space (79 x 20 feet) is no more than is needed for the variety of work carried on.

7. In the corridors of two wards, where plaster had begun to fall and was considered unsafe, metal ceilings were applied.

8. A flag-stone walk, four feet wide, was laid around the north end of the main building, connecting the walks in front and rear, and enabling walking parties of patients to make a complete circuit of the grounds dry-shod.

9. The farm of about fifty-two acres, purchased from the heirs of the late Elisha S. Hubbard, opens the way to further improvements, for it extends from the northern boundary of the hospital grounds across the Valley railway to the Connecticut river; and it is apparent that some sort of railway connection with the coal bunkers and storehouses is needed more and more every year. A considerable portion of this farm is a desirable addition to the tillable land belonging to the hospital, and a portion not cultivated, when cleared of underbrush, can be made most attractive to walking parties. The large substantial farm house on the premises — one of the landmarks of this region — has been repaired, supplied with water and steam heat and furnished for thirty patients. By this purchase an admirable site was obtained for building additional accommodations for patients as required by an act

of the last General Assembly. A front view and first-floor plan of the structure contracted for were prepared under the direction of the architects, Messrs. Curtis & Johnson, of Hartford, to accompany similar illustrations of the three other principal buildings, all the floor plans being reduced to a uniform scale to facilitate comparisons.

The financial condition of the hospital is exhibited in the statements appended in connection with the treasurer's report. The balance on hand has been very considerably reduced by the purchase of the Hubbard property and by the payment of seventy thousand dollars to the committee elected to erect further accommodations. The price of board for beneficiaries was reduced in April, 1893, to the low rate of $2.80 weekly. Nevertheless, it has thus far been possible, without lowering the standard of care, to keep the expenses of maintenance within the revenue.

The farmer's report of the quantity and estimated value of farm products is appended. With plenty of men ready to labor simply for the sake of exercise, with large quantities of fertilizing material to be disposed of, and with a demand at home for all the crops that can be raised, the utility of the hospital's farm would seem to be unquestionable.

In acknowledging favors received, it is fitting first of all to thank the clergymen of the vicinity who have cheerfully responded to our call and whose ministrations, both public and private, have been gratefully appreciated by many patients. For the pleasure experienced at secular gatherings during the past two winters the patients are indebted to various friends, as shown by the following list of entertainments:

MUSICAL AND DRAMATIC.

"Esmeralda," by students of Wesleyan University.
Entertainment by the "Bee Society."
Concert by Misses St. John, Mack, and Sherman.
Concert by Mr Ericsson F. Bushnell, supported by the Hospital Orchestra.
Concert by the St. John's Church Choir.
By the Hospital Company, plays three evenings, varieties two evenings, concerts two evenings.

LECTURES.

By Mr George L. Chase, "The Sandwich Islands."
By B. G. Northrop, LL.D., "The New Era in Japan"
By B. G. Northrop, LL.D, "Village Improvement."
By Mr. Ernest King, "Waterloo."
By Mr. Ernest King, "Popular Delusions."
By Dr. Keniston, "Mozart."
By Dr. Keniston, "Handel and Haydn."
By Dr. Keniston, "Beethoven."

LECTURES ILLUSTRATED BY THE STEREOPTICON.

By Rev. P. M. Snyder, "Switzerland."
By Mr. W. R. Morgan, "St. Peter's and the Vatican."
By Mr. H. C. Whittlesey, "Japan and the Japanese."
By Mr. K. H. Kazanjian, "Syria."
By Prof. E. T. Merrill, "Stories of Ancient Rome."
By Mr. Frederick L. Chapin, "The Cliff Dwellers."
By Prof. H. E. Northrop, "Italy."
By Prof. H. E. Northrop, "Germany."
By Prof. H. E. Northrop, "Ireland."
By Mr. Frank G. Jester, "The Columbian Exposition."
By Dr. Noble, "Shakespeare."
By Dr. Noble, "England."
By Dr. Stanley, "Washington."
By Dr. Coleburn, "Ireland."

READINGS.

By Prof. R. G. Hibbard; by Miss Lizzie D. Lyman; by Miss Gertrude Grier; by Miss Elizabeth A. Pickering; by Miss Adele Weber (two evenings).

MISCELLANEOUS.

Exhibition of clay modeling by Mr. E. S. Woods.
Crayon sketches by Mr. George E. Little.
Ventriloquism by Mr. H. T. Bryant, two evenings.
Dancing parties, twenty-five evenings.

The hospital is under obligations to the family of Mr. John N. Camp for a portrait which keeps memories of him fresh in mind. Mr. E. K. Hubbard presented a large number of pictures to decorate the wards. Hon. D. N. Morgan presented a map of Connecticut, prepared by the recent U. S. Geological Survey. Prayer book and hymnals were given by Prof. Binney. Books were given by the Commissioner-

General of the Argentine Republic, by Mr. Frank B. Weeks, Mr. Edward B. Wells, Mr. Frank A. Young. The current numbers of the Century Magazine were contributed by Mr. L. R. Hazen, and a large box of periodicals by Mr. D. S. Moseley. Illustrated magazines and other periodicals were received from Mr. H. D. A. Ward, Mrs. B. N. Tompkins, Miss Etta Taylor, Mrs. J. M. S. Carter, Mr. G. R. Knowles, Mr. W. W. Wilcox, Mr. Frank B. Weeks; illustrated papers from Mrs. A. R. Parshley, Dr. F. S. Quackenbos, the publishers of Puck, and the Middletown Y. M. C. A. Religious papers came from Rev. Henry A. Starks, Mr. L. R. Hazen, Prof. C. T. Winchester, Mrs. L. B. Culver. In Fairfield County Mr. Charles H. Meder collected four boxes of miscellaneous reading matter. Thanks are also due for contributions from unknown sources in the "Hospital Box" which Mr. Hazen kindly permits to stand in his store. Files of exchanges from the office of the Penny Press gave pleasure to patients, likewise indebted to the publishers of the following newspapers for gratuitous copies:

Hartford Daily Courant,	Hartford,	Conn.
do. Weekly Times,	do.	do.
Religious Herald, weekly,	do.	do.
New Haven Weekly Palladium,	New Haven,	do.
The Connecticut Catholic, weekly,	Hartford,	do.
The Middlesex County Record, weekly,	Portland,	do.
The Colchester Advocate, weekly,	Colchester,	do.
The Morning News, daily,	New Haven,	do.
The Tolland County Journal, weekly,	Rockville,	do.
The Herald, daily,	Middletown,	do.
The Standard, weekly,	Bridgeport,	do.

It is a particularly gratifying reflection that the resident officers and heads of various departments, who by long experience have become familiar with affairs, continue in the service of the hospital with undiminished devotion and ability. Others, who have shown no less fidelity and efficiency in their respective spheres of duty, are equally deserving of praise. To work with such help, laboring together harmoniously, is indeed satisfactory.

Your constant interest in the progress of the hospital and the welfare of its patients, and the frequent opportunities for consultation with the committees of your board and with individual members have been most welcome and beneficial.

With the earnest hope that the philanthropic purposes, for which the institution exists, may with its growth be accomplished more perfectly than in its youth, this report is

Respectfully submitted,

JAMES OLMSTEAD, M.D.,
Superintendent.

Middletown, Conn., June 30, 1894.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year Ending June 30, 1893.

RECEIPTS.

Balance of cash on hand July 1, 1892,		$60,064.68
Amount of revenue from Hospital orders in July,		32,346 00
" " " " "	August,	18,546.02
" " " " "	September,	8,376.28
" " " " "	October,	34,894.84
" " " " "	November,	15,024.08
" " " " "	December,	13,731.39
'Six months' interest on balance in Middletown Nat'n'l Bank,		1,484.72
Six months' interest on Sargent Fund ($1,000),		20.00
Amount of revenue from Hospital orders in January, 1893,		80,338.98
" " " " "	February,	14,687.84
" " " " "	March,	12,113.01
" " " " "	April,	32,664.42
" " " " "	May,	16,301.26
" " " " "	June,	10,102.85
Six months' interest on balance in Middletown Nat'n'l Bank,		1,702.29
Six months' interest on Sargent Fund,		20.00
		$352,418.66

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1892,		$20,900.00
" " " "	August,	27,514.19
" " " "	September,	17,510.40
" " " "	October,	19,446.78
" " " "	November,	16,449.49
" " " "	December,	19,865.78
" " " "	January, 1893,	19,342.95
" " " "	February,	18,181.28
" " " "	March,	13,567.30
" " " "	April,	17,396.14
" " " "	May,	16,742.52
" " " "	June,	21,666.42
Balance deposited in Middletown National Bank,		123,835.41
		$352,418.66

M. B. COPELAND, *Treasurer.*

We hereby certify that we have examined the accounts of M. B. Copeland, Treasurer of the Connecticut Hospital for the Insane, from July 1, 1892, to June 30, 1893, inclusive (Hospital fiscal year), compared them with the vouchers, and found the same correct. The balance in the hands of the treasurer on said date was one hundred and twenty-three thousand eight hundred and thirty-five dollars and forty one cents ($123,835.41), which includes the sum of forty-four thousand and two hundred dollars ($44,200.00), the special appropriation mentioned in the report of June 30, 1892.

E. LIVINGSTON WELLS, } *Auditors of*
OSCAR LEACH, } *Public Accounts.*

MIDDLETOWN, CONN., Feb. 3, 1894.

TREASURER'S REPORT.

Annual Statement of the Treasurer of the Connecticut Hospital for the Insane, for the Year Ending June 30, 1894.

RECEIPTS.

Balance of account as rendered July 1, 1893,	$123,835.41
Amount of revenue in July,	35,169.98
" " August,	13,770.93
" " September,	10,464.70
" " October,	27,669.03
" " November,	12,702.49
" " December,	16,198.49
Amount of interest received on Sargent Fund ($1,000),	20.00
Six months' interest on bank deposit,	1,621.86
Amount of revenue in January, 1894,	40,810.98
" " February,	14,299.91
" " March,	9,612.43
" " April,	33,472.04
" " May,	13,966.91
" " June,	12,844.54
Amount of interest received on Sargent Fund,	20.00
Six months' interest on bank deposit,	1,588.18
	$370,067.88

DISBURSEMENTS.

Amount of Superintendent's orders paid in July, 1893,	$16,395.47
" " " " August,	43,607.71
" " " " September,	21,237.05
" " " " October,	17,558.07
" " " " November,	19,514.60
" " " " December,	21,712.79
" " " " January, 1894,	25,662.89
" " " " February,	13,288.59
" " " " March,	15,914.20
" " " " April,	15,628.95
" " " " May,	26,736.17
" " " " June,	77 011.62
Balance of cash on hand June 30, 1894,	55,799.77
	$370,067.88

M. B. COPELAND, *Treasurer.*

MIDDLETOWN, CONN., July 2, 1894.

We hereby certify that we have examined the accounts of M B. Copeland, Treasurer of the Connecticut Hospital for the Insane, from July 1' 1893, to June 30, 1894, inclusive (Hospital fiscal year), compared them with the vouchers, and found the same correct. The balance in the hands of the treasurer on said date was fifty-five thousand seven hundred and ninety-nine dollars and seventy-seven cents ($55,799.77).

OSCAR LEACH, } *Auditors of*
E. LIVINGSTON WELLS, } *Public Accounts.*

MIDDLETOWN, CONN., Dec. 18, 1894.

MEMORANDA

OF THE

First Quarter Century

OF THE

Connecticut Hospital for the Insane.

The spring of 1893 really witnessed the completion of the first quarter century of the hospital's existence, for although conceived in 1866 by the "Act to create a hospital for the insane in the State of Connecticut," which was followed by the chrysalis stage of development, its birthday cannot truly be said to have occurred until it was delivered to the public, April 30, 1868, a sturdy infant, ready to begin the ever-extending career of usefulness to humanity, fitly predicted by the inspiring words of the preamble to the act of its creation:

"*Whereas*, The report of the commission appointed by this assembly in the year 1865 shows that there are seven hundred and six insane persons in the State of Connecticut, of whom two hundred and two are in the Retreat at Hartford; two hundred and four are in the almshouses; and three hundred outside of both; and whereas, it is impossible to secure suitable care and medical attention for this large and deeply afflicted class, either in the Retreat or in the almshouses, or in private houses; and whereas, considerations of humanity and of true economy, as well as public welfare, and of our holy religion, all alike demand that these persons should liberally be provided for by the State; there-

fore, be it enacted by the Senate and House of Representatives in General Assembly convened."

Then follow the several sections of the act, which, as modified and supplemented by other later acts, appears in the revision of the General Statutes, 1888, as follows:

"The land of the State and its appurtenances in Middletown shall be and remain the Connecticut Hospital for the Insane.*

"Its government shall be vested in a board consisting of the Governor and twelve trustees to be appointed by the Senate, one from each county and four from the vicinity of the institution. During the regular session of the General Assembly of 1889 the Senate shall appoint six of said trustees, of whom three shall hold office for four years from the first day of July, 1889, and three for three years from the first day of July, 1890. During the regular session of the General Assembly of 1891, and biennially thereafter, the Senate shall appoint six trustees, who shall hold office for four years from the first day of July following their appointment. The Governor may fill any vacancy which occurs during the recess of the General Assembly, until its next regular session. No trustee shall receive compensation for his services.

"The trustees shall have charge of the general interests of the institution, make and execute its by-laws, appoint and remove its officers and attendants, fix their compensation, exercise a strict supervision over all its expenditures, and may receive by bequest, devise, or gift, property for the use of the hospital.†

"They shall appoint a superintendent, not of their own number, who shall be a competent physician and reside in or near the hospital.

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* "And said Connecticut Hospital for the Insane shall have power to sue in its own name for all debts or demands due to said hospital."—*Public Acts, 1889, Chap. 129, Sec. 1.*

† "And may make purchases of lands, and take deeds therefor in their own name."—*Public Acts, 1889, Chap. 129, Sec. 2.*

"They shall appoint a treasurer, with a salary not exceeding four hundred dollars a year, who shall give a bond to the State of ten thousand dollars to account faithfully for all property received by him as treasurer, and keep accurate accounts of his receipts and expenditures, and of the property entrusted to him, which accounts, with the vouchers, shall be submitted quarterly, and oftener if required, to the trustees, with a written statement of his disbursements and funds in hand; and his books shall be at all times open to the trustees."

From 1866, then, the successive Governors of Connecticut have been *ex officio* members of the board of trustees. The names of the other members and the terms of their service are as follows:

Trustees.	Service Began.	Service Ended.
Robbins Battell,	1866	1891
William B. Casey, M.D.,	1866	1870
Richard S. Fellowes,	1866	1884
H. Sidney Hayden,	1866	1889
Leverett E. Pease,	1866	1869
B. W. Tompkins,	1866	1869
Samuel G. Willard,	1866	1887
Curtiss T. Woodruff,	1866	1870
Joseph Cummings, M.D.,	1967	1877
Benjamin Douglas,	1867	1894
Julius Hotchkiss,	1867	1878
Lucius S. Fuller,	1869	1890
John Tracy,	1869	1870
Joseph D. Bates,	1870	1876
Henry Woodward,	1890	—
Samuel Lynes, M.D.,	1871	1876
Richmond M. Bullock,	1876	1883
Ezra P. Bennett, M.D.,	1876	1881
Elisha B Nye, M.D.,	1877	1889
Joseph W. Alsop, M.D.,	1878	1891
James G. Gregory, M.D.,	1881	1884
James G. Gregory, M.D.,	1888	1891
Clark E. Barrows,	1884	1890
Henry B. Harrison,	1884	1885
Henry P. Geib, M.D.,	1884	1888
James E. English,	1885	1889
Costello Lippitt,	1887	—
Leverett M. Leach,	1887	1891

Superintendents.	Service Began.	Service Ended.
James Graham,	1889	1891
Edward S. Cleveland,	1889	1893
John N. Camp,	1889	1893
George H. Nichols,	1890	—
Wilbur B. Foster,	1891	—
William Bissell, M.D.,	1891	—
Austin E. May, M.D,	1891	—
Andrew C. Smith,	1891	—
Elijah K. Hubbard,	1891	—
Samuel Russell,	1891	—
William D Morgan, M.D.,	1893	—
Frank B. Weeks,	1893	—
Horace F. Boardman,	1894	—

Superintendents.	Service Began.	Service Ended.
Abram Marvin Shew, M.D.,	1866	1886
James Olmstead, M.D.,	1886	—
Treasurers.		
Abram Marvin Shew,	1866	1867
M. B. Copeland,	1867	—

Middletown, picturesquely situated on a bend of the Connecticut River, nearly at the center of the State and easily reached from all points within its circumference, was chosen as the location for the hospital, not only because central, but also because here it was possible to obtain by gravity abundance of water and to dispose of sewage by the simple method of surface irrigation on the farm; and the river is conveniently near for the delivery of coal and other freight. The people of Middletown warmly welcomed the institution by granting a suitable farm and valuable water privileges, as fully set forth in the following pledge of conveyance by the town to the State.

"*Whereas*, The State of Connecticut, by recent act of the legislature, has decided to establish a 'General Hospital for the Insane of the State,' and has entrusted the selection of a site for the same to a board of trustees chosen by said legislature, which board signified its wish to receive propositions relative to this object from any town in the State; and

"*Whereas*, The town of Middletown, at a special meeting, duly called and held on the 4th day of August, 1866, did vote to appro-

priate a sufficient sum of money for the purchasing and presenting to the State a suitable farm, on condition that said board of trustees select some locality in the town of Middletown as the site for said hospital for the insane; and

"*Whereas*, The said town of Middletown did, at other special meetings duly held, *viz.:* on the 12th and 24th days of October, A.D. 1866, vote the sum of twenty-five thousand dollars to pay for such lands as may be so selected in case said hospital should be located in Middletown, and in such case did also vote to guarantee to said board of trustees the full and complete use and enjoyment of the water of Butler's creek and Silver creek, so-called, or either of them, and to procure such lands, title, and interest as may be deemed expedient, for the purpose of making reservoirs upon said streams, and to lay down pipes to convey the water from said streams for the use of said hospital, with the right also to use the town wharf at Butler's creek by said trustees for purposes connected therewith; and

"*Whereas*, The said trustees, at a meeting of their board held in Middletown on the 15th day of October, A.D. 1866, for the purpose of deciding the question of locating the site for said insane hospital; after a full hearing of all parties interested, and upon all propositions that were made to said board of trustees for this purpose, did vote unanimously to locate said General Hospital for the Insane of this State at Middletown, and upon the lands of Joseph Tryon, Reuben R. Tryon, Elijah Tryon, Charles H. Williams, Elias Paddock, Stephen H. Paddock, and a piece of land belonging to said town of Middletown; and the above said owners of said lots of land having severally executed warrantee deeds (agreeable to the survey) to the 'Trustees of the General Hospital for the Insane of the State,' amounting in the aggregate to one hundred and fifty-eight acres, be the same more or less, which deeds are duly recorded at the registrar's office in said Middletown, and have been by us placed in the hands of said trustees to their satisfaction. And

"*Whereas*, The town of Middletown, at a meeting duly held on the 24th day of October, A.D. 1866, did also 'resolve that this town does hereby guarantee to the "General Hospital for the Insane" the title to such lands, water courses, roads, wharf and other property located or pertaining to said lands for the said institution.'

"In accordance with the above votes and instructions, we, the selectmen of the town of Middletown, in order to make the con-

veyance of the town to the State complete and satisfactory, do give our official pledge in behalf of said town, in accordance with the will of its citizens so unanimously expressed, and do hereby guarantee the title to said lands and water courses pertaining to said lands, with the free occupancy of the town wharf at Butler's creek, to the use of said institution; relying upon the good faith of the the said trustees and the State which they represent to fulfil upon their part the agreement therewith.

P. Fagan,
Alfred Hubbald,
Edwin Scovill,
A. C. Arnold,
} *Selectmen of the Town of Middletown.*

Middletown, Middlesex County, Conn., Oct. 30, 1866.

Besides the land given by the town of Middletown, eighty acres adjoining were purchased, and a building site in every respect admirable was thus obtained. From time to time other purchases of land have been required by the growth of the hospital, until, in 1893, the total amounted to 466 acres.

Water Supply.

	Reservoir No. 1.	Reservoir No. 2.	Reservoir No. 3.
Date of construction,	1867.	1879–82.	1890–91.
Distance from Hospital by pipe line,	6,500 feet.	8,500 feet.	8,000 feet.
Source of water,	Butler's creek.	Butler's creek.	Silver creek.
Elevat'n above first floor of the main hospital building,	74 feet.	175 feet.	160 feet.
Capacity, . .	18,000,000 gals.		25,000,000 gals.

In 1867 connection was made with the first reservoir by cast-iron pipe, six inches in diameter. In 1887 a companion water main, eight inches in diameter, was laid, and so combined with the former that both at the same time or either one interchangeably may be used.

BUILDINGS.

After the site was chosen, building operations progressed sufficiently to permit the corner-stone of the hospital to be laid June 20, 1867, with appropriate ceremonies, in the presence of a large and enthusiastic assembly. On May-day, 1868, the center and one wing of the main building were ready for the accommodation of patients. During the succeeding six years the other three wings were added one by one, and in 1874 the hospital was considered to be complete, having beds for 450 patients.

This massive stone structure, four stories high, was built on the so-called "linear" plan, with eight wards for patients, on each side of the central portion, in which were the kitchens and offices. Back of the center and connected by an underground tramway were the laundry, bakery, sewing-room, engine-room, and the boilers. Still further back was the "annex," at first used as a joiners' and painters' shop, although erected "with the ulterior view" of being devoted to the isolation of insane convicts. — *Superintendent's Report*, 1872.

Already the utility of the "cottage system" had been demonstrated by lodging certain demented patients in two old dwelling-houses left standing on the hospital grounds. By the river, a third of a mile away, was the hospital dock and near it the coal-house. A large barn and a piggery completed the list of structures at that time. The total appropriations for land and construction, 1866–1876, amounted to $640,043.

These provisions did not long suffice, for in their report to the legislature of 1877 "as the trustees do not deem it desirable to enlarge this hospital they earnestly urge the importance of immediate provision for the erection of a new hospital;" and to the legislature of 1877 they mention the urgent need of "another hospital of similar grade," and they "earnestly hope that the State of Connecticut will made appropriation for a new hospital." The next year the board repeated this advice, as the hospital was overcrowded and

insane persons were obliged to wait for weeks to be admitted or else be cared for in other institutions.

It was also in 1879 that a commission, consisting of Gurdon W. Russell, M.D., Henry W. Buel, M.D., and Ephraim Williams, Esq., appointed by the Governor to investigate the need of further accommodations for the insane poor of the State and to report upon the location and plans for such hospital buildings if needed, reported to the General Assembly that further accommodations were necessary, there being about four hundred insane poor for whom the State had made no hospital provision, and they recommended erecting, in the immediate vicinity of the existing hospital, plain buildings of brick containing 250 beds.

"The buildings which we suggest, and others which may be necessary in future years, may all be congregated at Middletown, and administered with no great difficulty. The plea that it is not proper to bring many of these people together, has but little force in it, when we remember the large number in some hospitals in our own country and in many in Europe; and notwithstanding the declarations which have been made against this, the hospitals recently built have been designed to accommodate more patients than formerly. It may fairly be claimed that every first-class institution should have connected with it a supplemental building, plainer and cheaper than its principal one, for the accommodation of its harmless insane. For these, less spacious and less guarded rooms are needed, and fewer attendants. If this seems to be a new departure, it is one worthy of trial, and certainly better than retaining these people in almshouses, in towns, or among indifferent, discouraged, and too often neglectful relatives."

Nevertheless, no legislative action was taken until the following year, when it was resolved by the General Assembly and approved by the Governor, March 24, 1880, "that a committee of three be appointed by the Governor, who shall cause to be built within one year, additional buildings for the accommodation of the insane, adjacent to

the present hospital at Middletown, according to the plans and estimates of the commission presented to this General Assembly; and that there be appropriated from any moneys now in the treasury of this State a sum not exceeding $130,000, for the erection and furnishing of said buildings; said sum to be subject to the order of said committee to carry out the provisions of this resolution; provided, that no part of this appropriation shall be expended until said committee have made a contract with responsible parties to fully complete said buildings, and there shall not be drawn from the amount appropriated, at any time, a sum larger than is needed to pay for work done or expenses actually incurred; and all expenses of every name and nature that may be incurred shall not exceed the amount hereby appropriated. Said committee shall make report to the next session of the General Assembly; provided, that of the sum hereby appropriated not less than $5,000 shall be reserved for the construction of suitable buildings or apartments upon the grounds of said Connecticut Hospital for the Insane, wherein insane convicts shall be placed and cared for separate from the other inmates of said hospital."

In accordance with this act the Governor appointed as a building committee Melancthon Storrs, M.D., Wm. J. Atwater, and Chas. G. R. Vinal, Esq., who immediately entered upon their duties. It was agreed with the board of trustees that there should be a common bakery and laundry for both the old and the new buildings, and the sum of $3,500 was set apart from the total appropriation for that purpose. Under the direction of the trustees a suitable laundry building was erected and the space formerly occupied by the laundry was ample for enlargement of the bakery.

It was found that the inclination of the ground at the south end of the proposed building favored the construction of a small ward in the basement, and the required separate apartments for insane female convicts were there provided, the trustees having already devoted the "annex" to the use of male convicts.

To the legislature of 1881, then, the committee were able to report satisfactory progress, and July 20th the building, finished and furnished with two hundred and sixty-two beds for patients, at an expense of $130,000, was formally transferred by the committee to the board of trustees. This was made the occasion of a memorial gathering of many friends of the hospital. Among their honored guests the trustees especially noted the presence of the venerable alienist, Dr. Pliny Earle, who had made an address at the laying of the corner-stone fourteen years previously and now took this opportunity to commend the advance in the work of the institution.

The pressing need of more room may be inferred from the fact that while only 144 patients could be received in 1880, and the number present at the end of the year was 528, in 1881, the new building having been opened, 352 patients were admitted and 731 were present at the end of the year. It is not surprising, therefore, that the new building was soon filled to excess and that the legislature in 1884 and 1885 made appropriations for the erection, on land purchased by special appropriation in 1882, of an additional building "for the care of the insane of this State, and particularly to furnish one or more wards for the better classification and accommodation of the epileptic insane."

This building, completed early in 1886 and furnished with 300 beds, stands about 175 feet south of the building erected in 1881, both fronting westward and resembling one another in the essential features of their internal arrangements. Each is of brick, three stories high; each has six wards, containing fifty beds, more or less, in rooms on either side of a long corridor, broken in the center by a bay which serves as a day-room; each has two large dining-rooms, where the patients congregate for their meals. In this particular these two buildings differ markedly from the old main building, in which every ward has its separate dining-room to prevent patients recently admitted from exerting unfavorable impressions upon one another. Inasmuch as a certain proportion

of the recent admissions are acute cases, presenting widely different phases of insanity, the advantages of segregation are obvious. But in the mass of chronic cases, where fine classifications are needless, congregate dining-rooms have been found to facilitate inspection and the accurate distribution of food to prevent waste and to diminish the cost of support.

The total number of patients was now above 1,000, and, although the price of board had been reduced to $3.50 a week, the revenue began to exceed the cost of maintenance. The resulting surplus of cash enabled the trustees to make several improvements rendered necessary by the growth of the hospital. An addition to the annex provided a workshop for convicts. A reception-room and a medical office were added to the middle hospital. A supplemental water main was laid, a greenhouse and bowling alley were built; a brick cottage accommodating 70 patients, chiefly those working out of doors, permitted an unsightly and too-distant frame cottage to be vacated. A horse-barn, coal-houses, an ice-house, and a cottage for employes were also erected.

Not only tacitly did the legislature approve these expenditures, but in 1889, the hospital then having 1,300 patients, it was resolved by the General Assembly that the board of trustees be authorized and instructed to expend from the funds of the hospital an amount necessary to erect a building furnishing accommodations for at least 120 persons. By an addition to each wing of the south hospital, and by the completion of the unpretentious but very comfortable and convenient cottage, of which one-third was built the year before, 150 patients were accommodated.

Other items of construction followed, of which the most costly was an assembly-room seating over 600 persons, the original chapel and amusement hall being no longer adequate. This new room, directly in the rear of and on the level of the second floor of the main hospital, was appropriately located with special reference to the benefit of curable patients, who can reach it by means of covered bridges with-

out risk of escape or exposure to the inclemencies of the weather.

As the number of patients again exceeded the capacity of the institution, and a disposition to enlarge it still further was manifested in the legislature, it was voted at a special meeting of the board of trustees, April, 1889, that "in the opinion of this board the economic and humane interests of the State require that additional accommodations for its insane be provided in some other locality."

Influenced, doubtless, by this advice, the General Assembly of 1889 resolved that "a committee of three persons be appointed by the Governor to inquire and report to the next session of the General Assembly concerning the expediency and practicability of providing further accommodations for the insane at Middletown or elsewhere in the State." On this committee the Governor appointed the Hon. Lyman S. Catlin, George E. Markham, M.D., and Stephen A. Gardner.

The lamented death of Dr. Markham early deprived the committee of his aid, but the other members carefully investigated the condition of affairs and reported to the General Assembly, January, 1891, that in their opinion this institutien should not be again enlarged, but should be relieved as soon as possible of many of its apparently hopeless chronic cases by the erection of an asylum for the humane care of such cases, in order that the hospital at Middletown might always have room for the prompt admission of acute cases of insanity. The increase in population being apparently greater in the southwestern portion of the State than elsewhere, the committee advised that the proposed asylum be located in Fairfield county.

Action on this report was postponed until 1893, when the General Assembly resolved "that a building committee of five members, three of whom shall be elected by the trustees of the Connecticut Hospital for the Insane, and two of whom shall be elected by the Senate, be and are hereby authorized and directed to cause the erection in the town of Middletown of a suitable building sufficient for the accommodation of 250 insane persons of the class known as incurable insane.

"Said committee is hereby authorized and directed to expend for said purpose such a sum of the moneys now held by said trustees of said hospital, not to exceed $70,000, as shall be necessary.

"A further sum of $30,000, or so much thereof as shall be necessary, is hereby appropriated from the State treasury to furnish and complete said building."

This act having been approved June 30, 1893, the Senate elected the Hon. Seth J. Hall and Matthew T. Newton, M.D., and the trustees elected from their number Messrs. Henry Woodward, Andrew C. Smith, and Samuel Russell to be members of the building committee.

Already the trustees, finding the water supply insufficient in the time of drought, had availed themselves of the privileges guaranteed to them by the town of Middletown ("the full and complete use and enjoyment of the water of Butler's creek and Silver creek") by purchasing the requisite land and constructing a reservoir on Silver creek of larger capacity than both the reservoirs previously located on Butler's creek, so there was no question about a source of water ample for the population to be added. Fortunately, too, at this time a farm extending from the northern limit of the hospital grounds to the Connecticut river was for sale, and its purchase provided a most admirable site for the future buildings.

APPROPRIATIONS BY THE GENERAL ASSEMBLY FOR LANDS AND BUILDINGS.

Dates.	Amounts.	Purpose of the Appropriations.
1866	$35,000.00	To establish a Hospital for the Insane.
1867	150,000.00	For the needful expenditures of the General State Hospital for the Insane.
1868	200,000.00	For the needful expenditures of the General State Hospital for the Insane.
1869	35,543.00	For the needful expenditures of the General Hospital for the Insane.
1871	90,000.00	For one additional wing to the General Hospital for the Insane.
1872	90,000.00	For one additional wing to the General Hospital for the Insane.
1872	39,500.00	In favor of the trustees of the General Hospital for the Insane.
1880	130,000.00	For building an addition to the Insane Asylum at Middletown.

Dates.	Amounts.	Purpose of the Appropriation.
1881	$10,000.00	For barns, workshop, laundry apparatus, and fire protection.
1882	8,000.00	For the purchase of land for buildings.
1884	75,000.00	For additional buildings for the care of the insane.
1885	50,000.00	For additional buildings for the care of the insane.
1893	30,000.00	For the completion of a building accommodating 250 patients.
Total,	$943,043.00	

ADDITIONAL CONSTRUCTION NOT COVERED BY APPROPRIATIONS.

Dates.	Amounts.	Purpose of the Expenditures.
1878	$2,524.71	Storehouse.
	2,307.27	Amusement hall.
	9,487.96	Altering annex for patients.
1880	1,664.55	Cottage for engineer.
	3,234.80	Horse barn.
	2,820.82	Reservoir No. 2.
1883	5,517.00	Coal-house and hoisting apparatus.
	2,284.83	Piggery.
1884	22,233.80	Additional wing on main hospital.
	970.65	Cold storage.
	1,136.88	Addition to middle hospital.
1885	1,337.69	Addition to laundry.
	4,361.45	Carpenter's shop.
	10,855.00	Superintendent's cottage.
1886	4,463.10	Addition to annex.
	1,546.54	Addition to middle hospital.
1887	4,391.00	Eight-inch water main.
	7,124.61	Greenhouse and bowling alley.
1888	16,627.86	South wing of main cottage.
	7,526.52	Barn for farm horses.
	1,614.00	Elevator.
	2,302.89	Ice-house.
	2,211.90	Coal-houses.
	4,382.96	Cottage for employes.
1889	18,000.00	Addition to south hospital.
1890	32,093.45	Completion of main cottage.
	7,518.78	Alteration of heating system, main hospital.
	2,874.37	Slaughter house.
	1,588.24	Iron balcony, main hospital.
	1,846.53	Addition to middle hospital.
	1,080.66	Addition to cold storage.
	1,777.00	Land for reservoir.
	8,539.54	Reservoir No. 3.

Dates.	Amounts.	Purpose of the Expenditures.
1891	$1,575.60	Connection of reservoir with 8-inch main.
	4,441.67	Addition to laundry.
	23,698.40	Assembly room.
1892	1,077.55	Addition to store.
	2,789.00	Ice-house.
	2,328.48	Piggery.
	2,016.66	Extension of sewage irrigation.
1893	3,004.08	Night attendants' cottage.
	70,000.00	Expended by act of the General Assembly in making accommodations for 250 patients.
Total,	$309,178.82	

COMMITMENT OF PATIENTS.

As early as 1867 an act was passed, which with certain modifications, has continued in force during all these years, appearing now as Section 487 of the General Statutes, and has provided for the commitment and maintenance of more than 88 per cent. of all the patients admitted. As at present, the act originally contemplated two classes of indigent patients, those who are paupers and those who are not. And it provided that when a pauper in any town may be insane, a selectman of such town shall apply to the judge of probate of the district wherein said pauper resides, for his admission to the hospital, and that the judge on receiving a certificate from a respectable physician that said pauper is insane, shall issue an order requiring the selectman to take such insane pauper to the hospital, where he shall be kept and supported as long as may be requisite. It also provided that "when a person in indigent circumstances, not a pauper, becomes insane, application may be made in his behalf to the judge of probate for the district wherein he resides," who after due investigation, including an examination by a respectable physician, if satisfied that such person is in indigent circumstances and insane, shall issue an order of commitment to the hospital, where he shall be kept and supported as long as may be requisite, half of the expense of his support to be paid by the State and the other half by the person making application for the patient's commitment. The original act specified that the person making application for the commit-

ment be directed by the judge to take the patient to the hospital. The present law adds a clause leaving it optional with the judge to appoint some other escort, but the responsibility of providing a companion for the insane person on the journey is distinctly laid on the court. The principal point of difference between the original and the present law is that at first it was provided that half the expense of a pauper's support "be defrayed by the town wherein said pauper resides and the other half by the State;" but since 1878 the law has been "that $2.50 per week of the expense of his support shall be paid by the town legally chargeable with his support and the balance by the State." Inasmuch as the price of board has been considerably reduced, this throws upon the towns a greater expense than would have been the case if the original act had continued in force. Moreover, the present law, unlike the original, enables a selectman who has applied for a pauper's commitment to evade paying his board on the plea that some other town is legally chargeable with that expense, and the hospital may even be put to the loss and trouble of ascertaining by a lawsuit what town is legally chargeable.

For the commitment of insane criminals to the hospital the provisions of the law are ample. The year after the hospital was opened, it was resolved by the General Assembly (Private Acts, 1869, Chap. CLIX,) that the trustees of the hospital be "required and directed to make suitable provision for the reception of insane convicts into the institution under their care and direction;" and it was enacted that the Governor, on receiving a report from the warden of the prison that any convict is insane, shall appoint not more than three physicians to examine such person, and upon their certificate of insanity the Governor shall order his transfer to the hospital. If the convict recovers before his term of sentence expires, similar proceedings result in his return to prison. If he is still insane at the expiration of his term of imprisonment, the Governor is authorized to order a further detention

of the convict in the hospital until he shall have recovered. — *General Statutes*, *Sec.* 3617–3621.

If any person serving sentence in a county jail appears to be insane, proceedings similar to those in regard to convicts in the State prison may be instituted for his transfer to the hospital, or the county commissioners may appoint "some reputable physician to make an examination of such prisoner, and if such physician shall be of the opinion that such prisoner is insane,' and shall so certify to the commissioners, they may cause the prisoner's removal from the jail to the hospital.— *General Statutes*, *Sec.* 3385, 3386, *and Public Acts*, 1893, *Chap.* XLVI.

When any person committed for trial to a county jail shall in the interim appear to be insane, a judge of the Superior Court on application of the county sheriff may appoint "three reputable physicians," upon whose certificate of insanity the judge may order the person to be transferred from the jail to the hospital for treatment until the time of trial. —*General Statutes*, *Sec.* 1600.

"Any Superior Court, City Court, or Police Court in this State, before which any person shall be tried on any criminal charge and acquitted on the ground of insanity or dementia, may order such person to be confined in the Connecticut Hospital for the Insane for such time as such court shall direct," and any such person may subsequently petition, or the officers of such institution may petition, the Superior Court of the county in which he is confined for his enlargement. But if at the expiration of any specific term for which the court may have ordered him to be confined, the person shall still be insane, the superintendent of the hospital shall certify this fact to the State's attorney for the county wherein the trial was had, to the end that an order of the court may be procured, authorizing the continued detention of the person in the hospital until recovered from his insanity.—*General Statutes*, *Sec.* 1601–1603.

The next two following provisions appear to have been made with special reference to the commitment of non-

resident persons: "On a written complaint, made to any judge of the Superior Court, that a person named therein is insane and unfit to go at large, such judge shall immediately appoint a committee consisting of a physician and two other persons, one of whom shall be an attorney-at-law, judge, or justice of the peace, who, after such person has been notified according to the order of such judge of the Superior Court, shall inquire into such complaint and report to him the facts of the case and their opinions thereon; and if, in their opinion, such person should be confined, such judge shall issue an order therefor."—*General Statutes*, *Sec.* 3683.

"Any insane pauper, not a resident of any town in this State, may be committed by the Governor to any suitable place of detention, upon the presentation of a certificate signed by a reputable physician that he has found upon examination that such pauper is insane, which certificate shall be sworn to before some officer authorized to administer oaths. The support of paupers committed under the provisions of this act shall be paid by the State, the same not to exceed $3.00 a week for each person so committed.—*Public Acts*, 1893, *Chap.* 241.

"All honorably discharged soldiers, sailors, and marines, who served in the Union army or navy in the late civil war, in the Connecticut regiments or navy quota from this State, and all such soldiers, sailors, and marines who served in said war in the regiments or navy quota from any other State, who at the time of enlistment therein were residents of this State, and are such residents when applying for such aid," if insane, are entitled to receive such medical care as may be necessary in the hospital at the expense of the State, on order of the soldiers' hospital board.— *General Statutes*, *Sec.* 3762.

For twenty years private patients were "put in any suitable place of detention on the presentation of a certificate made within thirty days, signed by some reputable physician, that he has made a personal examination of such person within one week prior to the date thereof, and that such

person is insane, which certificate shall be sworn to before some officer authorized to administer oaths in the State where it is given, who shall certify to the genuineness of the signature thereto, and the respectability of the signer; and any such person may be removed by the person placing him in such place of detention." — *General Statutes*, *Sec.* 3682.

Finally it was enacted that "except when otherwise specially provided by law, no person shall be committed or admitted to an asylum without an order signed by a judge of probate," based upon a written complaint that the person complained of is insane and fit to be confined in an asylum. The judge shall appoint a time not later than ten days after receipt of such complaint, for a hearing, at which shall be filed a certificate of insanity signed by two physicians, and if satisfied that the person complained of is insane, the judge shall order him to be taken by some proper officer or any fit person to a designated asylum or other suitable place of de tention. — *Public Acts*, 1889, *Chap. CLXII*, *Sec.* 3–6.

Since 1889, private patients have been committed in accordance with the provisions of this act.

This act also affirms the right of persons confined in insane asylums to the benefits of the writ of habeas corpus, and since 1869 the following statute has existed for their protection: "Any judge of the superior court, on information to him that any person is unjustly deprived of his liberty by being detained or confined in an insane asylum, or in any place for the detention or confinement of the insane, or in any inebriate hospital in this State, or in the custody and control of any individual under an order of a court of probate, may appoint a commission of not less than two persons, who, at a time and place appointed by them, shall hear such evidence as shall be offered touching the case; said commission need not summon the party claimed to be unjustly confined before them, but shall have one or more private interviews with him, and shall also make due inquiries of the physicians and other persons having charge of such place of detention or confinement, and within a reasonable time

thereafter, report to said judge the facts, and their opinion thereon; and if in their opinion the party is not legally detained or confined in such place, or is cured, or his confinement is no longer beneficial or advisable, said judge shall order his discharge; but no commission shall be appointed with reference to the same person oftener than once in six months. The judge before whom any of the proceedings provided for in this section are had may tax reasonable costs at his discretion." —*General Statutes, Sec.* 3692.

REVENUE OF THE HOSPITAL.

From the outset the law provided that "the price to be paid for keeping any person in indigent circumstances or any pauper, shall be fixed by the trustees," and that "the trustees may authorize the superintendent to admit under special agreements whenever there are vacancies in the hospital, such cases as may seek admission." — *Public Acts*, 1867, *Chap. CII, Secs.* 5 *and* 6.

Of the latter class only 260 persons have been admitted from the opening of the hospital to July 1, 1893, and all other patients, numbering 6,155, have come under the pauper or the indigent class. It is evident, therefore, that nearly all the revenue of the hospital must have consisted of receipts for the care of these beneficiaries. During the first year, 1868–9, the price of board was $4.50 a week for each pauper and indigent patient, but this appeared insufficient. Accordingly it was fixed at $5 a week, and so continued until 1877. Subsequent changes have been as follows:

Weekly price of board, $4.00 from Dec. 1, 1877, to Dec. 1, 1883.
Weekly price of board, 3.75 from Dec. 1, 1883, to Apr. 1, 1885.
Weekly price of board, 3.50 from Apr. 1, 1885, to Nov. 1, 1888.
Weekly price of board, 3.20 from Nov. 1, 1888, to Apr. 1, 1892.
Weekly price of board, 3.00 from Apr. 1, 1892, to Apr. 1, 1893.
Weekly price of board, 2.80 from Apr. 1, 1893.

On this basis the entire cost of maintenance, including pay-roll and repairs, has been provided for.

In July, 1887, interest at 3 per cent. was obtained by the

trustees on the balance in bank, and since then this has been an item in the revenue of the hospital.

By vote of the trustees, clothing has been furnished to all pauper patients without charge since January 1, 1892.

In this connection may be mentioned certain bequests to the hospital.

First, the Atwater fund, created by the following clause in the will of the late George Atwater of the town of Hamden, dated October 2, 1867 :

"I direct and require that the said assistant trustees of my estate shall within two years after the death of my said wife Maria, if she shall survive my said daughter Eunice, or within two years after the death of my said daughter Eunice, if she shall survive her mother, convey to the persons who at that time shall constitute the board of trustees of 'The General Hospital for the Insane of the State of Connecticut,' located in Middletown, to them and their successors in office, all the remainder of my estate, both real and personal, to have and to hold the same in trust for the uses, intents, and purposes hereinafter mentioned and declared concerning the same, *viz.* :

"The said trustees of the General Hospital for the Insane of the State of Connecticut shall reserve the whole amount received from my estate as a separate fund (to be known as the Atwater fund) for the benefit of the insane poor of the State of Connecticut, and shall have the right to appropriate and expend the annual income of the fund for the support of indigent insane persons, giving preference to indigent insane persons, if any such there may be, belonging to and having legal residence in my native town of Hamden ; but the said trustees shall not appropriate or expend the principal of the fund."

This trust fund was accepted by a vote of the trustees of the hospital, January 14, 1886.

Second, the Sargent fund, created by the following clause in the will of George D. Sargent of Hartford : "I give, devise, and bequeath to the Connecticut Hospital for the Insane, located at Middletown, Connecticut, the sum of $1,000, in trust as follows : The annual income thereof to be

expended for the support and comfort of Caroline B. Sterling, during her life, and at her death the principal of said sum to belong to said hospital to be disposed of as they see fit."

Mr. Sargent died in 1886, and in June, 1887, the sum of $1,000 was received from the executor of his estate. It was placed at interest under the direction of the trustees, and the income set apart for the use of the beneficiary, who is still living.

ADMINISTRATION.

For the management of the hospital, Sec. 7, Chap. CII, of Public Acts, 1867, provides that "the trustees are hereby authorized and empowered to make and establish such by-laws as they may deem necessary and expedient for regulating the appointment and compensation of officers, attendants, and assistants, and for conducting in a proper manner the affairs and business of the institution; to ordain and enforce a suitable system of rules and regulations for the internal government, discipline, and management of the hospital."

Accordingly, the board of trustees adopted certain by-laws and regulations and revised them in 1887, designating the duties of the persons employed in the hospital, *viz.:*

1. The superintendent, who is required to exercise "entire official control over all subordinate officers," and over the treatment of all patients; to conduct the correspondence, and to see that due care is taken of all hospital property.

2. The assistant physicians, each of whom has under his special care a certain number of patients for individual study and treatment.

3. The clerk, who keeps all the accounts of the hospital, except those in the hands of the treasurer, and purchases the groceries, provisions, and supplies for the institution.

4. The farmer, who has charge of the agricultural operations, the butchering, preservation, and distribution of meats and the delivery of freight.

5. The matron, who has charge of all work done in the laundry and the sewing-rooms.

6. The housekeepers, who have charge of the ordinary domestic matters in their respective households and attend particularly to the preparation of food for the patients.

7. The supervisors, who have the immediate direction of the ward attendants and instruct them in their duties, such as the management of patients, the nursing of the sick, the prevention of escapes, the care of patients' clothing and the cleanliness of the wards.

8. The storekeeper, who, under the instruction of the clerk, takes care of the stock in store and issues supplies on requisition of housekeepers, supervisors, and others, keeping due account of the same.

9. The mechanics, comprising the engineer, who has charge of the heating apparatus, plumbing, and gas-piping, the joiners, masons, and painters, all of whom are needed to keep the property in repair.

The list of resident officers associated with the superintendent and on his recommendation appointed by the board of trustees, is as follows, the names of those serving in such capacity in 1893 being printed in italics:

Assistant Physicians — Drs. Winthrop B. Hallock, Calvin S. May, James Olmstead, *Henry S. Noble, William E. Fisher, Charles E. Stanley, James M. Keniston,* Edwin A. Down, *Arthur B. Coleburn,* A. Josephine Sherman, *Mary Harley.*

Clerks (*Stewards until 1873*) — Charles W. Galpin, J. Delos Atherton, Frank B. Weeks, John W. Thayer, *Thomas M. Durfee.*

Farmers — Clinton W. Weatherbee, *Pliny W. Sanderson.*

Matrons — Mrs. Mary Hallock, *Mrs. Margaret Dutton.*

If asked what the trustees, using the forces at their command, have done for the insane poor in these twenty-five years, those who recollect the irregular ridge of farming land on which the hospital has been built, might first point to the pleasing contrast of beautiful lawns with bright flower beds and spacious play-grounds, fringed by abundant shade trees and dotted with buildings. Besides the original hospital, there are now eight other separate structures, varying in capacity from twenty to three hundred beds for the use of diverse classes of patients, who are thus kept in distinct

groups apart from one another with evident benefit. Varieties of occupation for patients, at first few, have increased year by year. Music, once limited to the piano, has been cultivated until an orchestra and a band have become ordinary sources of entertainment. So, too, as usually in a home, have the indoor comforts, such as furniture, books, and pictures received additions by purchases and by the thoughtful generosity of many friends. Among numerous donations, conspicuous in value and in the gratification afforded all the time, is the chime of bells, given by one of the senior trustees, which musically intones the passage of each quarter-hour.

Furthermore, it may be said that during its first quarter century, approximately 6,400 fellow creatures, unable to take care of themselves, or perhaps dangerous to the public, have been comfortably lodged, fed, and given such medical treatment as they needed, in the State's hospital; that under this treatment 1,300 patients have recovered their reason, and at least as many more, removed on probation, have been found sufficiently improved to remain away from the hospital; that for 1,400 patients, whose infirmities caused their earthly lives to be ended here, the burden of disease has been lightened by the ministrations of the physicians and nurses in the hospital; and that some progress has been made every year in the means of contributing to the contentment and happiness of the large number compelled by mental derangement to make the hospital their home.

And so, as there is always room for improvement, efforts to make things better must needs ever be continued, even redoubled, since the institution has been enlarged far beyond the limit originally contemplated or recommended. Granting that the ideal hospital may contain not more than four hundred beds, it might be said that here are four such hospitals, absolutely distinct from one another and yet united in a single community. And along with the growth from a comparatively simple to a more complex organization, there has been a natural development of methods of management which, it cannot be doubted, will be further moulded to fit the requirements of the future.

MESSAGE OF THE GOVERNOR

AND

REPORT

OF THE

COMMISSION ON THE ADMINISTRATION

OF

STATE CHARITIES

AND

ON FURTHER PROVISION FOR SUPPORT OF

INSANE POOR.

Made to the General Assembly of the State of Connecticut,
January 26, 1877.

SPECIAL MESSAGE OF THE GOVERNOR

TRANSMITTING TO THE GENERAL ASSEMBLY A REPORT OF THE COMMISSION ON STATE CHARITIES AND INSANE POOR.

STATE OF CONNECTICUT, EXECUTIVE DEPARTMENT,
HARTFORD, February 1, 1877.

To the General Assembly:

Acting under a resolution of the last Assembly, my predecessor, on the fifteenth day of November last, appointed a commission to examine into and report upon the administration of our public charities, and the legal provisions made for their regulation and support.

The members of this commission have given the subject a very careful and painstaking examination, and I have the honor to submit herewith their report. It is a paper which evinces not only careful investigation and critical judgment, but the finest spirit of charity, and justifies the wisdom of my predecessor in selecting the commission. I commend the report to the consideration of the General Assembly, and urge attention to its statements and conclusions.

If I mistake not, you will find that there is great necessity for retrenchment in the administration of some of our existing charities, and great necessity for enlarging the scope of others. There are two to which, for special reasons, I wish to invite your special attention.

DISCHARGED SOLDIERS OF THE LATE WAR.

My official observation, no less than the report which I herewith transmit, has convinced me that the charitable provisions of the State for the relief of discharged soldiers of the late war have run into the most serious extravagance and

abuse. The laws regulating this charity are disjointed and ambiguous, and urgently demand revision. As heretofore construed, they have, to a very considerable extent, converted the hospitals at Hartford and New Haven into mere chapels of ease for discharged soldiers who are able to earn a living, but are too improvident or indolent to do it, and in some cases for mere impostors. These abuses and the rapid increase of expenditures for this charity had attracted my attention some time since, and individual members of the legislature have kindly allowed me to turn their attention to the subject. With the strongest disposition to correct the abuse and check the expenditure, I have found myself without adequate means to do so.

Some additional legislation defining more accurately the scope of this charity, and guarding its administration either as recommended by the accompanying report, or else clothing the executive, upon whom the economies of this administration must chiefly depend, with a larger discretionary power in the premises, is most urgently needed.

I desire, so far as I am charged with the administration of the State's charities, to avoid parsimony on the one hand, and waste on the other. This I will endeavor to do according to my ability, if the necessary means are placed at my disposal.

THE INSANE POOR.

I desire also to emphasize, by one or two additional suggestions, the recommendations made by the commission on the subject of the insane poor.

The Connecticut hospital at Middletown is over-crowded. The whole number there in charge at the present time is four hundred and fifty-four; there are enrolled and awaiting admission sixty-seven, and this enrollment is increasing every day. The number neither admitted nor enrolled who are inadequately, and in some cases wretchedly, provided for in the towns, is probably greater than all. I join in the recommendation so urgently made by the commission that

other and early provision be made by the State for these most desolate and afflicted children of want and misfortune.

If unnecessary expenditures have been made upon the hospital at Middletown, this should neither disincline us to this duty nor retard its execution. Public charities are apt to swing like a pendulum from one extreme to the other — sumptuous and sentimental extravagance at one time; excessive reaction at another, with delayed and stinted provisions as a consequence. May I be allowed to suggest, that, if the State shall undertake the construction of a new hospital for the insane, it ought not to revenge the prodigality of the old institution — if any there has been — upon the new?

Until other and more ample provision shall be made by the State, the existing hospital should be utilized to the utmost; and, in order that the State may be better able to furnish such other provisions, every reasonable economy should be introduced into the administration of that institution. With these ends in view, I submit to your better wisdom the following recommendations:

1. That no private patients be for the present allowed at said hospital. It is intended for the poor alone, and its rates of charge are charity rates. The number of private patients now there is twenty, and they are charged at charity rates only. The removal of these will make place for others who are poor and friendless, and who are suffering in the cellars and caves of our almshouses. Let the revelations made at Tariffville and New Haven point the argument.

2. That the price of board and attendance be limited in all cases to four or four and one-half dollars per week as a maximum, instead of five dollars, as heretofore — this sum in case of the State poor (forty in number) to be paid by the State; in case of the town poor (two hundred and sixty-four in number) two and one-half dollars to be paid by the town, and the balance only by the State. The lowest of these proposed rates is considerably larger than is paid in Massachusetts — the highest rate there being three and one-half dollars

only. The towns which are by law chargeable with the support of their poor should in justice pay the entire board-bill of their beneficiaries. If, however, there be fear that in such an event the towns would be unwilling to encounter the expense and so withhold their insane poor from the benefits of the hospital, the State will surely have done enough to invite them to a discharge of duty by furnishing them one of the most thoroughly equipped hospitals of the country, rent-free, and by paying a weekly bonus of one and one-half or two dollars for each commitment.

3. That in case of "indigents," so-called (one hundred and thirty in number) one-half of the board of each shall be paid by the town in which he resides. This sum is now paid by the State, nothing at all by the towns. The result is that many are committed as indigents and pensioned on the State whose pecuniary condition does not entitle them to public charity, least of all to the charity of the State. If the towns are made chargeable with the partial support of this class of persons, the selectmen who apply to the judges of probate for orders of commitment, and the judges who grant such orders upon *ex parte* certificates, sometimes made by interested physicians and friends, will be put upon their caution, and exercise a wiser and more discriminating judgment.

4. That the superintendent be clothed with power, under the direction of the trustees, of receiving or rejecting at discretion all persons committed to the hospital, as well as of dismissing those received. I make this recommendation to the end that the managers may feel themselves authorized, first, to give preference to all curable cases. I am advised that when fresh cases of insanity are promptly treated there is a very large percentage of recoveries, and that in chronic cases there is next to none. The curative work of the institution is its best work, not only in itself, but also because it diminishes the number of insane, and so diminishes the public charge; and second, to give the benefit of the institution to such beneficiaries as are of violent and destructive tendencies, and who cannot be fitly or safely cared for and restrained

elsewhere. There are now in the hospital one hundred and fifty-three who are classed as demented patients, most of whom are quiet, submissive, and harmless, and so stolid as to be insensible to the hospitalities of the place. These, or a considerable portion of them, might be returned, if need be, to the care of the towns from which they came, to make place for others whose cases promise hope of cure, or more urgently demand restraint and discipline.

In this way, as it seems to me, this noble institution — a model in plan, equipment, discipline, and comfort — can be made to do its best and largest work under very greatly improved conditions of economy.

To this end I have ventured to commend the able and interesting report of the commission to your careful attention, and to accompany it with such recommendations as have been suggested to my mind by my short official experience and observation.

The two charities of which I have spoken are very noble and deserving. The State will not willingly consent to stint them; but they can be made, as I am well assured, very much less expensive to the treasury, and more beneficial in results.

The recommendations above made, if carried out will, in my judgment, relieve the State treasury from a drain of not less than forty thousand dollars per annum.

Economy is the lesson of the day in all the households of the tax-payers. Is it too much to ask that this lesson be enforced in the households of charity which the tax-payers have so richly endowed, and are so generously supporting?

RICHARD D. HUBBARD.

REPORT.

To His Excellency Richard D. Hubbard, Governor of the State of Connecticut:

The undersigned were appointed as a Commission by your predecessor in office, in accordance with the following resolution, passed by the General Assembly at its session in May last:

"*Resolved by this Assembly*, That the Governor is empowered to appoint a Commission, consisting of five persons, to inquire into the administration of the various charitable appropriations of the State, and to revise the laws of the State providing for the support of the State beneficiaries in the various charitable institutions, as in their judgment may be needful to improve such administration, and to report such revision, with any further recommendation respecting the subject, to the next session of the General Assembly; and also to report to such session whether any further provision is necessary to be made for the support of the insane poor of the State."

Our duties have been devoted to the following charitable institutions, to which appropriations are made: the Perkins Institute for the Blind, at Boston; the American Asylum for the Deaf and Dumb, at Hartford; the Connecticut School for Imbeciles, at Lakeville; the General Hospital of Connecticut, at New Haven; and the Hartford Hospital, at Hartford.

We have also visited and examined the State poor at Tariffville, where we found between thirty and forty persons. It has been the practice of the State to provide for these paupers by contract, for a specified annual sum, but an allowance is now made for each one of two dollars and fifty cents per week. As a consequence of this arrangement the

expense is much increased, being for the year ending March 31, 1876, four thousand eight hundred thirty-eight dollars forty-four cents ($4,838.44); and for the following eight months, three thousand four hundred eleven dollars thirty-three cents ($3,411.33). The sum paid in the year in which the contract system ceased, 1872, was fourteen hundred twenty-five dollars ($1,425).

Although the State now pays a much larger sum than formerly, we have no disposition to recommend a return to the contract system, nor do we believe it is advisable in the case of any paupers. Our feelings revolt at the idea of letting to the lowest bidder the care of the poor; the fear that they may be neglected or abused, and the natural tendency in the keeper to make the most of a bargain, especially if it has been a bad one, will always excite suspicions that the poor and helpless may be made the sufferers. Notwithstanding the occasional observation of officials, mismanagement may occur, for which under such a system legislation is useless. So many are physically disabled or mentally incapacitated, that they are unwilling to make complaints, or too feeble to bring them to notice.

As far as our observation extends, but little labor can be expected from the very poor, certainly profitable labor; a considerable proportion of them, through accident, or their own improvidence, are comparatively helpless. Those, however, whose strength will permit, should be required to labor, and it is desirable, even if it is not profitable; idleness is demoralizing, and especially so for this class. The spectacle of stout men confined in prisons or almshouses without occupation, is a sad one; to be deprived of it is one of the severest of punishments; it neither benefits the criminal or pauper, and returns him again upon society, more idle or vicious than at first. While at this time all labor is in so little demand, it may be impossible to profitably employ them, yet a system properly apportioned to each one might stimulate the industrial capacity of some, and aid in effecting a moral improvement in others.

As a class, the poor are annually increasing, and the proper treatment of this element is demanding our serious consideration. In old and populous countries it has always been a vexed question; it is now beginning to assume proportions with us. In whatever way we may look at it, it will be well to remember that the poor we have with us always, and that if we bear in mind the teachings of our Divine Master, we shall be very considerate of them. In all of our appeals for justice, let us not forget the claims of mercy.

While we are not disposed to unnecessarily blame Mr. Sanford, yet we do not hesitate to say, that his buildings and accommodations generally are far from being proper or sufficient. All hygienic laws are here set at defiance in the crowded and ill-ventilated rooms, and seemingly nothing but the most urgent necessity would fill them to their present numbers. It was painful to find here several of the imbecile and insane, who should be elsewhere provided for. We have no reason to suppose that the paupers are not comfortably fed and warmed, but the accommodations are far from being sufficient.

The only official oversight which these people receive, is believed to be that from the comptroller of the State, whose duties are sufficient without this care, which must necessarily be imperfect.

We found a marked contrast in the condition of these persons when compared with those confined in the Hartford county jail, which was visited on another day. It is not necessary to say that better provision is made for the criminal than for the pauper; but aside from the greater restraint in the one case, the difference was astonishing in all that has regard to the comforts and conveniences of life; and more astonishing still in all that tends to good order, discipline, cleanliness, and hygienic essentials. Such crowded rooms, ill-ventilated and narrow, if found in any of our penal institutions, would not be tolerated for a moment; there would come a public outcry against such inhumanity, that a change would be compelled at once. We have never seen in all our

previous observations of hospitals, prisons, or almshouses, anything, so entirely opposed to all received ideas of the proper care of congregated individuals, as we saw at Tariffville. We are not disposed to place the blame wholly upon Mr. Sanford; it is the fault of this system of providing for the poor.

The care of the criminal class has been greatly improved within the last fifty years; safe and comfortable buildings have been furnished for them, with sufficient food, proper ventilation, and means of instruction; we are even asked to furnish them with books and papers to lighten their weary hours. Having, with reluctance, decided to punish the individual, we have concluded to make that punishment as little irksome as possible, and so if we do not pardon him before the term of his sentence is completed, we furnish him with more warmth, better food, better clothing, more solid and essential comforts and necessaries in fact, than he always before enjoyed, or than our pauper brethren are accustomed to receive. It almost seems as if the kindness of the human heart had been exhausted upon the criminal element of society, and so it has come to pass that the pauper has been crowded to the wall and deprived of his just share in our benevolence.

We are fully aware of all the difficulties in the way of a change and of the increased expense which such a change would necessitate if the State would congregate its paupers. It is a serious matter for the State to consider whether the time has not come for an earnest movement in a new direction. All over the land there is a complaint of the professional tramps and beggars, too lazy to work, and often too vicious to be honest. While we do not confound this wandering class with the poor of our towns, yet the proper consideration of the whole subject comes naturally upon us. The legislature has had this matter before it on several occasions, but action has been deferred, probably because the efficient or satisfactory remedy has not been made apparent. It is difficult to handle, but ought not to be forgotten or neglected.

A State which has done as much as our honored commonwealth in the cause of humanity, will not hesitate to do still more when its people are thoroughly in earnest.

In connection with this subject of the care of the poor, it is well to refer to a system of congregating the paupers of different towns, so that it may happen, as it does at Tariffville, that the poor of eight of them are kept by Mr. Sanford. Possibly the expense may be less than at home, but this is doubtful, for a little assistance rendered to a family for the care of a sick or feeble member may be amply sufficient, with the products of its own labor for its own wants. But the pecuniary view is not the only one to be considered; it is a positive inhumanity also to remove a man from his home, or his birthplace if he has no home, merely because he is poor. He has committed no crime, he has not offended society; he has been unfortunate, sometimes from his own imprudences, sometimes from his limited natural capacity. He has mingled with the people of the town, been brought up with its children, attended its common schools, worked with the men, played with the boys: not unfrequently he is a legal voter, whose franchise must remain unexercised, unless with considerable labor and expense: once in each year, perhaps, he finds the hearts of his brethren are yearning for him. Whatever is common to the town is, in a narrower sense, common to him. He is familiar with its families, its incidents, its traditions. As age and infirmities creep upon him they fall with increased severity if he is sent amongst strangers, who care for him for a stipend, and with none of the love of a relative or townsman. Poverty itself is galling enough, but the manner in which relief is afforded may lessen its burden or increase its severity.

And it is well to consider whether, in attempting to put away poverty out of our sight, we are not doing a positive injury to ourselves. Some of the best points in our nature are excited or heightened by the afflictions we see in others. No better or worthier object exists than the desire to do good, and when the power exists with the desire he is greater who

exercises it than the one who, for selfish ambition, pulls down thrones or builds up empires. It is well to be brought into actual contact with poverty: in the rapid decadence of families we may all experience it.

THE DEAF AND DUMB.

The General Assembly, at its session in 1874, made an annual grant of eleven thousand dollars for the purpose of instructing the deaf mutes of the State. The sum had previously been less, but upon representations was increased to the amount above named. It is not specified in the act that the beneficiaries shall be indigent, but provision is made for all alike. It is claimed that as the State engages to educate its children, it should specially do so for this unfortunate class.

The sum of $175 is charged for each pupil at the American Asylum for the Deaf and Dumb at Hartford, and according to its report for 1876 there were fifty-four pupils supported by Connecticut. The comptroller states in his last report that nine thousand four hundred ninety-one dollars fifty cents ($9,491.50) have been drawn from the treasury upon orders, leaving a part of the appropriation unexpended. This has been the case for several years, but the managers stated to us that a considerable number of deaf mutes were remaining at their homes in different towns, to whom the benefits of an education in this asylum would be a blessing. It is hoped that the provision made by the State will be enjoyed by all for whom it was intended. Perhaps a more extended notice is only necessary to induce parents to send their children here. A course of special education extending from five to ten years cannot well be conducted, except in a school of this character.

The management seems to be good, the influences are excellent, and there appears to be no necessity for a change of legislation in this matter.

THE PERKINS INSTITUTE FOR THE BLIND.

The annual grant made by the General Assembly in 1871 for this institution, located at Boston, Mass., was $6,000. There has been drawn on orders for the year 1876, $3,425. As the grant has not been wholly used in each year, it is proposed by the comptroller that the unexpended balance should be covered back to the credit of the civil list funds. It is supposed that there are yet some in this State who do not enjoy the benefit of this grant, possibly because they are not aware of it.

A part of the commission visited this school and were very favorably impressed with it. They found here fourteen pupils as the beneficiaries of the State at an expense of $300 each. The progress made in some special departments was truly wonderful; they become particularly expert as musicians and teachers of music, and some of the graduates are enabled to earn a very comfortable living by this exercise of their talents. Anything which promises comfort or aid to these unfortunates is to be earnestly commended.

We advise no change in the legislation on this subject.

THE CONNECTICUT SCHOOL FOR IMBECILES.

In 1873 the General Assembly made an annual grant of seven thousand dollars for instruction in this school, the sum of one hundred and fifty dollars to be paid for each child unless otherwise ordered by the Governor. The comptroller states in his last report that there has been drawn on orders in 1876 the sum of four thousand two hundred ninety-three dollars sixty-six cents ($4,293.66), and thus a part of the grant remains unappropriated. The same remarks made concerning the deaf and dumb and the blind can be made here — that all those for whom this grant was intended do not receive its benefits. The superintendent thinks there is a considerable number of imbecile children in this State who have not yet been brought to this school, but who would be placed in it for instruction if proper measures were instituted. It is not creditable that these feeble-minded children

should be allowed to grow up in ignorance, and too often in idleness and viciousness, if it can be prevented.

This school was incorporated in 1861, is under the direction of a board of trustees, is believed to have been successful in its work, and has property in buildings and land which is estimated to be worth sixty thousand dollars, and this, we understand, the directors are willing to turn over to the State if the State will carry on the school and assume an indebtedness of about seventeen thousand dollars. It is not unfrequently but improperly called Dr. Knight's school, but this is in no sense true, except that he is its superintendent, was its chief originator, and has been active in its work. It is no more the school of Dr. Knight than is the Asylum for the Deaf and Dumb the school of Edward A. Stone or the Retreat for the Insane the hospital of Dr. H. P. Stearns. When these men die, or are displaced, the institutions will still be carried on, and there is no reason to suppose that anything different will happen at Lakeville. We understood from Dr. Knight that he had no pecuniary interest in the Connecticut School for Imbeciles aside from the necessary support which it gives him and the greater part of the furniture in the buildings, worth, perhaps, two thousand dollars. If the State will adopt the school, this he is willing should go with it.

But the State can do better, certainly for the present; and it will be well to continue to employ the existing agencies of this corporation, just as it does those for the deaf and dumb at Hartford, for the blind at Boston, and as it formerly did for the insane at the Retreat in Hartford.

The wonderful energy and perseverance of Dr. Knight should enlist our sympathy and support. Whenever one is found who enters with his whole heart into this subject, generally regarded as so painful, he is deserving of our hearty encouragement. These feeble-minded children are suffering from no faults of their own: they too often bear the burden of others who have violated the laws of health or of nature, so we must have a certain amount of sympathy for them and

aid in giving them instruction, that they may become more useful and less repulsive.

There are now sixty-six pupils from Connecticut, thirty-three of whom receive an allowance from the State grant of three dollars per week. The cost to the institution of each pupil is five dollars per week; private pupils out of the State pay larger sums, and so the institution is able to take a few who only receive the State aid. Accommodations are sufficient for one hundred and twenty-five pupils, so that the present number may be considerably increased.

We would make no suggestions for a change in the present legislation except that it is desirable that the same powers possessed by judges of probate of commitment of insane to the hospital at Middletown should be possessed by them as to the commitment of imbecile children to the school at Lakeville.

SICK SOLDIERS.

In 1865 the General Assembly passed the following act:

Resolved by this Assembly, That whenever any discharged soldier requiring surgical attendance shall be placed as a patient in the Hartford hospital or in the institution of the General Hospital Society of Connecticut, the sum of three dollars per week for the support of such patient shall be paid from the State treasury to such hospitals respectively, under the direction of the Governor of this State and the executive committee of said hospitals respectively.

Subsequently the act was amended by making the compensation six dollars per week instead of three, and has thus been in force to the present time. The promise which the State has made is certainly very generous, and, so far as we are familiar, beyond that of most other States. Connecticut, however, will not be likely to fail in its duty to the defenders of our government, and grudges no necessary or promised expenditure.

To show the amount expended since the year 1876, inclusive, the following table is submitted. The figures were ob-

tained from the comptroller's office, and it was not easy to ascertain the exact sum paid on account of sick soldiers for each year previous to the above date, as the accounts were not separately kept:

General Hospital Society, New Haven.		Hartford Hospital.	
1870, ...	$5,723.90	1870, . . .	$7,743.71
1871, ...	3,807.43	1871, . . .	3,006.84
1872, ...	5,956.84	1872, . . .	2,810.18
1873, ...	9,926.56	1873, . . .	4,863.54
1874, ...	14,670.87	1874, . . .	6,739.74
1875, ...	18,760.27	1875, . . .	10,112.33
1876, ...	25,037.07	1876, . . .	16,051.83
Total, . .	$83,882.94	Total, . .	$51,328.17

Total amount paid in seven years, $135,211.11.

The steady and large increase in both of these hospitals is thus readily seen. We are aware that the amount is larger than it ought to have been, and it is doubtless much larger than was originally expected. But it has seemed difficult to put a check to it, partly because the soldiers were earnestly claiming admission, partly because the managers of the hospitals gave encouragement to their admission and did not exercise sufficient authority in their discharge, and partly, also, from the ease with which a certificate to be presented to the Governor for his order could be obtained. The supervision or discretion which he could exercise was very limited indeed, nor could he be expected to be familiar with the necessity for admission. In justice to the managers of these institutions it should be said that they have been aware of the abuse of the bounty of the State and thought themselves powerless to remedy the evil. The legislation was, as Governor Ingersoll characterized it, "crude," and the power which gave it force seems to be the only one able to check it.

A very strict, but as we think unauthorized, construction of the act would confine its benefit to those alone who required "surgical" attendance. In our opinion the term is a general one, comprising both "surgical" and "medical" cases; indeed, it would not appear to be proper otherwise, for the disability incurred by sickness is greater than the

disability incurred from wounds, many more dying from the former than from the latter; and for the cure of these men "surgeons" are appointed, who alike treat all of them. Massachusetts, in allowing cities or towns to pay monthly the sum of six dollars to any soldier or sailor "who is now residing within this State, and who is wholly or partially disabled by reason of wounds received in said service, or by sickness or disability contracted therein," has expressed it better and more definitely than we have. By confining the grant to disability incurred during the war, it has placed the matter in such a position that the expense will probably diminish each year; whereas by the legislation of this State, and by the construction which has been given to it, the expenditure will naturally increase, as the figures above show, as the soldiers become more cognizant of it, and as age and infirmities come upon them. Although in Massachusetts the cities and towns pay to the soldiers the sum named, yet they are reimbursed by the State to a certain extent. Possibly in making the primary expenditure by the towns, the cases undergo a closer scrutiny and become more thoroughly sifted; and possibly, also, some are put away or neglected, when the more generous action of the State would afford the desired and proper relief. In these instances it is better to err on the side which does too much, rather than on the side which does too little.

Those who have given this subject attention are divided in opinion as to the application of the act in affording relief to those whose disability was *not* incurred during the war, and when unprejudiced men hold to contrary opinions, it may be fairly supposed that there is reasonable ground for it. It is often very difficult to determine whether the cause of the disability originated during the war, or subsequent to it. In acute cases of disease an opinion may readily be given, but in those of a chronic nature it is easy to be at fault. The act has been so construed as to mean acute cases of disease whose commencement was perhaps only in the last week, and whose causes were thus immediate and present, having no

relation whatever to injuries or exposures in previous years. And so a case of inflammation of the lungs, or of acute rheumatism, or a recent fracture of the leg, might be admitted into the hospitals, and they would be authorized to draw six dollars per week for each one. The compensation might not be too much; the point is, Was this application intended?

As we have intimated, it is better to be generous in this matter rather than too exacting; but if, with the checks which we shall propose, the burden is found to be too great, a repeal of the act may be a necessity.

We found that there were ninety-six soldier patients in the hospital at New Haven on the 29th of November last, and fifty-nine in the Hartford hospital at the same time. A personal examination showed that some of them were not under treatment, and that they ought to have been previously discharged. But too many have come to regard these institutions as asylums or homes, and when discharged from one by reason of cure or for disobedience — expressing it mildly — have soon gone to the other, and so have contrived to pass a considerable period of time in a very comfortable manner, at the expense of the State. But these institutions are in no sense soldiers' homes or soldiers' retreats; they were not incorporated as permanent residences for healthy individuals of any class, or even for those who are somewhat feeble; this was not the intention of their originators. They were founded for the cure of disease, for the medical and surgical treatment of sick people, and should be confined to this, their legitimate duty. Other institutions afford other care and protection, intended for the aged and feeble, for soldiers and sailors disabled in the cause of their country. These are properly called homes, and asylums, and rests; a generous nation ever provides them, and when it neglects those who, taking their lives in their hands, go out as its defenders, then may that nation hang its head in shame. The ingratitude of an individual is enough; the ingratitude of a community is most galling of all.

The general government has provided places for certain of these soldiers, and there is no reason why they should not generally enter them. Of the ninety-four patients at New Haven on the 31st of December, forty-one were without families; of the ninety-six at the same place on the 29th of November, twenty-one were permanently disabled; a number of these were consumptives, and twelve were drawing pensions which were not always well applied. Of the fifty-nine in the Hartford hospital at the same date, twelve were afflicted with incurable diseases; of the eighteen admitted previous to April 1, 1876, and still there, one-half were incurable. Some of these might go, and properly should go, to the homes provided for them by the general government at Augusta, in Maine, at Dayton, in Ohio, at Hampton, in Virginia, and we think at other places. As provision is here afforded them, payment is made twice, if payment is made by the State. By shutting off this class, considerable relief would be found.

Further relief would also be afforded if the managers of these hospitals were held to a more strict accountability in their admissions and discharges. It should be insisted that no trivial or unfounded complaint procured an admission, and that a discharge should be made as soon as a cure was effected; and there should be an understanding by the government of both hospitals that no unwarranted efforts or strife in procuring patients will be tolerated. If this arrangement was rigidly carried out, the number obtaining the aid of the State improperly would be diminished.

To be still more careful of the interest of the State, and to afford no excuse of injustice to the soldier, it would be well, and in our opinion is very desirable, that two examining surgeons or inspectors should be appointed, who should visit these hospitals at least once in each month, to examine all receiving State aid, and having power to discharge all who, in their opinion, should be discharged. In thus often visiting each hospital, and together, and justly exercising their power, it would appear that the State has as much protec-

tion as it can well obtain. These surgeons should be men of character, skilled in their profession, free from any hospital connection, and independent enough to do their duty faithfully. Probably three hundred dollars each would be sufficient annual compensation, and this arrangement would save thousands of dollars to the State.

If, however, after a sufficient trial, the evils which we have enumerated are still continued, it might be advisable to repeal the original act. It is the opinion of some of the managers that the number will be reduced one-half, and perhaps two-thirds, if these views are carried out. We are unanimously of the opinion that the trial should be made.

As a further necessity the State should be divided into two districts, the four upper counties constituting one, the applicants from this section to be received only at the hospital in Hartford; the four lower counties forming the second, the applicants only to be received at the hospital in New Haven. An arrangement of this character seems to be necessary, in order to prevent admission into one hospital as soon as discharged from the other.

THE INSANE POOR.

No part of the subject committed to us has given more anxiety than that relating to the insane poor. The earnest call for more provision for this class, and its generally recognized necessity, has led to its careful consideration during the short time since our appointment. Circulars were sent to the selectmen of the one hundred and sixty-six towns of the State, and returns have been received from about one hundred of them; they were also sent to clergymen and physicians, who were supposed to be cognizant of some cases which might not otherwise be reported. From these returns it appears that there are now outside of the State hospital at Middletown and the Retreat for the Insane at Hartford, between four and five hundred of the indigent insane for whom provision should be made. Dr. Shew states that there are now seventy women waiting admission, "and a much larger

number would be enrolled if any encouragement of an early admission could be given."

That there is a necessity for further provision, all who are familiar with the administration of towns are aware. The claims are numerous and urgent, and as accommodations cannot be found within the State, the patients are of necessity sent to institutions without its borders, or are retained in almshouses, or remain with their friends. It is especially a serious matter when the needed relief is not afforded to the acute cases, for here the great benefit of prompt treatment is very noticeable; these cases demand attention, and call upon us for immediate action.

But there is another and larger class — the chronic insane — for whom something must be done. For a majority of these there is now no fit provision outside of the State Hospital; as a consequence, many of them are in almhouses, without that special care which is necessary, and which their helpless condition demands. We have no desire to reflect upon anything which we have seen or have heard, but are determined to present this matter in such a light that we trust will lead to a kindly action on the part of the General Assembly.

"How serious a matter insanity is few can realize, unless they are brought in immediate contact with it. We talk about ordinary sickness which afflicts the body as being unfortunate or severe, but how much more so that which, in addition, seizes upon both body and mind?" It falls with severity upon any household, but with especial weight upon those of narrow fortunes. The neighborly kindness which comforts and assists during an illness or an injury requires but little of expense and of time, but the care of insanity is a heavier burden, extends over a longer period, interferes with the necessary arrangements of families, and requires the assistance of many persons; the gratuitous aid of neighbors soon becomes fatigued, and the required assistance from the town also becomes expensive; neither is satisfactory, and the case is ill-managed and troublesome.

It is possible there are some who are incredulous as to the necessity of further provision for the insane, and some may even doubt whether any State provision is necessary at all. But insanity is so serious a disease that it falls altogether out of the line of common illness. Its treatment is so different that but few are competent for its management, possess the requisite tact and patience, or the necessary means of cure. A town can very well undertake to provide for its inhabitants in an epidemic of small-pox or scarlet fever; it can furnish the necessary attendants, and food and medicine, when required, for its poor afflicted with fever, or dysentery, or rheumatism. No special nursing, or care, or appliances are required beyond those with which all are familiar, and which are readily and cheaply to be found; nothing extraordinary is needed, and the necessary relief is at once afforded. But too often the violence of insanity requires a patient and skillful aid, and comforts and appliances which are not easily obtained. And it should not be forgotten that brutal men and brutal women, and sometimes those, too, who would shudder if such terms were applied to them, are guilty of the most intolerable cruelty to the insane in their management of them, or in their efforts to carry out a fanatical idea, that these persons "must be made to mind." Such cruelties, if committed in an insane hospital, would arouse the land.

The feeble condition of the insane would in itself seem to warrant a special treatment, for as a mental disease is more serious than an ordinary illness, putting it out of the power of the afflicted one to help himself, so it would seem that he possessed a natural claim for the help of his fellows. The man full of life and energy can provide for himself, and is satisfied; he needs no staff to lean upon, or outstretched hand to guide him on his way. But if insanity falls upon him, he is like a ship without a rudder, and needs control more than a child; he neither provides for himself or for others, misinterprets the good which is intended him, and injures, too often, his dearest friends. The State provides

for the deaf and the dumb, for the imbecile and the blind; it has agreed to furnish funds for their instruction, even as we have shown, beyond the claims yet made upon it. It has also done a noble work for the insane, but has not yet come up to the claims made upon it. What is needed is an extension of that work. In the great race of life the feeble and afflicted must be given a fair chance; the poor and needy must be helped on their way.

At Tariffville we found about ten who were either insane or imbecile. They ought not to be there; it is no proper place for these feeble persons, and it is an outrage upon humanity, a disgrace to the civilization of the State, and a sad reflection upon our Christianity that they are there at all. We will not be silent or smooth this matter with pleasant words, and end by saying, "This is all very well for *them*." It is not well for them, and no one with the love of God in his heart and true love for his fellow-men can honestly say it. We shed our tears over the distant and repulsive Fejee Islander, and mourn the wrongs of the barbarous Sioux Indian; but here, right here, in this Christian commonwealth, are men and women kept day after day, by the authority of the State, in a condition which should shame a savage or tingle the cheek of an infidel. Complaints like these are too often passed by as idle words, or as the mutterings of dreamy enthusiasts; but if anything was needed to show the necessity of further legislation, it was found in the miserable arrangements and provision for the insane at this place. It is most painful to be obliged to speak as we have of the establishment at Tariffville, and we are unanimously of opinion that it should not longer be tolerated. It is the misfortune of complaints like these that they are supposed to be directed against individuals; it is the system which is at fault, which compels its insane and imbecile poor to be kept in such a manner.

We found in the almshouse at Hartford eight or ten people, who were as comfortably cared for as could be expected at that place. Most of the insane poor of this town,

amounting to about sixty, who are not accommodated at the State Hospital or at the Retreat, are sent to the asylums at Brattleboro, Vt., Butler Hospital, Providence, Concord, N. H., and even to Maine. Notwithstanding this, all are not accommodated, even some acute cases, which call loudly upon our sympathy. At the New Haven almshouse there were fifty-four of the insane in the different rooms of the building and in cells in a special department. A few of these were lying upon loose hay, were without much clothing, and were in a very filthy condition. No one was more sensible of the defective arrangements and the necessary wants than Mr. Bradley, the keeper.

The subject of increased accommodations for the insane poor has come to be regarded as necessarily attended with great expense. This is not strange when we consider the amount which has been required in this State, and the very large sums expended or contracted for in others. It has excited the astonishment of foreigners that we have lavished so much upon our pauper insane hospitals, and it is beginning to excite the astonishment of reflecting men here that it was ever considered as necessary. It is not unjust to the specialists to say that a large share of this is due to themselves; it was to be supposed that the men who had given special attention to the subject were likely to be the best informed. The responsibility, however, must be shared by the different managing boards, and by the citizens of the locations selected. But there are indications of a change of opinion, and it is beginning to be recognized that very large and very expensive establishments are neither proper nor necessary for the pauper chronic insane. The cry which has been raised, that nothing is too good for these people, has nothing of force in it, unless it is essential for their comfort or cure. It is well to bear in mind, however, in this vibration of opinions, that there is a parsimony in expenditure which may defeat the very objects we have in view. We do not give gold watches or fine pictures as the playthings of an infant; a rubber doll or a coarse engraving are equally ac-

ceptable. The folly of a neighboring State which has erected buildings for this class at an expense of thirty-six hundred dollars for each bed, and the extravagance of another which has spent millions upon an unfinished building, are examples of warning for us. Dr. Earl of Northampton is beginning to see that there is too much of "extravagance," nor does he recognize that very expensive buildings or fittings are necessary for the care or comfort of these people. Speaking of the institution at Danvers, he says: "For at least one-half of the cost of construction of the hospital, nothing is added to its excellence as a curative institution, and no compensation is gained in any way at all commensurate with the amount of money disbursed." If equal comfort and protection is afforded, then all the money which is put into such a building, which does not aid in a cure, is almost spent in vain.

For a large part of the chronic insane the prospect of cure is dark indeed. Dr. Shew, in one of his reports, stated that only about two per cent. of the patients in the State Hospital were curable. Perhaps the percentage is larger now, probably it is, but it accords with all authority to say that few only are likely to be cured. If this fact is sufficiently recognized, it may in the future help us in our endeavors.

It may be inferred from what has previously been said that we do not regard it as possible for the towns to make adequate provision for the pauper insane within their own limits. A few large ones might do it with greater cost to themselves than now, but for the smaller ones it is utterly impossible. The ordinary almshouse is neither convenient nor proper, and so associate care has become the necessity; it is cheaper and better for all.

The absolute necessities for the pauper chronic insane are that they should be comfortably housed and clothed, carefully watched, and properly fed and warmed; for these purposes no costly buildings or extravagant furnishing are necessary. So many of them are comparatively quiet that a large corps of attendants are not required, and some of them are able to

perform considerable labor. Dr. Shew says that "about forty per cent. of all the men are regularly employed on the farm and grounds" of the hospital; and the value of the farm products is estimated at nearly eleven thousand dollars. Occupation is essential for every one; it is a healthful and curative agent for all, and is a very essential necessity in all penal, reformatory, or charitable institutions. The absence of employment is one of the worst features which we have seen at any time, whether it was in hospitals for the insane, in almshouses, in prisons, or asylums for the inebriate.

We are convinced that there is a necessity for further provision for the pauper insane, and especially the pauper chronic insane, in this State. As a remedy we would suggest a suitable location in a healthful region, where land is cheap, water abundant, and access convenient. Plain and simple buildings for the accommodation of two hundred of the insane need not and should not be expensive, and would be sufficient for a commencement; additions could be made as necessity required. By removing the more tractable cases from Middletown, room would be afforded for the recent and violent ones, which are now loudly demanding relief.

So large a number of our population become insane that it is well for all of us that proper attention should be given to these unfortunates. In this day of whirl and extravagance no one can tell who may be the next sufferer: "Whosoever thinketh he standeth, let him take heed lest he fall."

Though not coming within the scope of our inquiry, yet relating to it, we venture to make a suggestion concerning the criminal insane. A certain number of these are now in confinement in the State prison and in our common jails; we were told that there were ten of this class at the General Hospital for the Insane at Middletown. It is respectfully submitted whether this association is advisable; the mingling of the criminal with our honest poor is repugnant to all feelings of respect or propriety. Suitable accommodation should be made by themselves, either in the State prison or in one of the county jails. The probable expense would be no

greater than at present, better care would be secured, and much relief would be afforded by putting them in one location.

We have endeavored to give this subject the consideration which its importance demands. Ours is not the only State which is anxiously examining and endeavoring to learn its duty with reference to various charities. There is danger that we may be led into extravagance by our enthusiasm or by ill-digested plans. All new projects, therefore, and all development of old ones, should be carefully examined, in view of the rights and interests of all. It was well said by Governor Tilden, in his address before the Social Science Association in 1876: "While we exercise every sentiment of humanity; while we do all in our power to relieve misfortune and to overcome evils, and apply discipline and enforce reformation, at the same time we must bear in mind that the industrious millions who keep out of the poorhouses and penitentiaries are also entitled to the consideration and the care of the government."

A bill is herewith submitted, embracing the several suggestions on our State charities, and also a resolution concerning the insane poor.

H. Sidney Hayden,
Benj. Stark,
Gurdon W. Russell,
C. A. Lindsley,
Wm. Deming,
} *Commission by Executive appointment.*

January 26, 1877.

General Assembly, January Session, A.D. 1877.

Whereas, the arrangements made for the accommodation of the insane poor are insufficient for the accommodation of this unfortunate class of persons in this State, therefore,

Resolved by this Assembly, That the Governor, with the advice and consent of the Senate, be authorized to appoint a commission of three persons to select a suitable location for a second hospital for the insane poor, procure proper plans for a building that will accommodate two hundred persons of that class, together with an estimate of the probable cost of such accommodations, including all charges, and make a report in the premises to the next General Assembly.

AN ACT IN ADDITION TO AN ACT CONCERNING PAUPERS, BEING TITLE 15 OF THE GENERAL STATUTES.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. No town shall make any agreement to furnish support or maintenance of any of its poor in any place outside of the town in which the pauper resides, unless such town shall have established a poorhouse in such place according to the provisions of the tenth section, part one, chapter two, of said title; and the selectmen or town agent of any town who shall make any such agreement shall forfeit the sum of fifteen dollars a month for each and every month such agreement shall be continued, to be recovered by any person, in an action brought on this statute.

Sec. 2. All acts and parts of acts inconsistent with this act are hereby repealed.

RESOLUTIONS IN REGARD TO H. SIDNEY HAYDEN.

The Connecticut Hospital for the Insane,
Middletown, Conn.

We, the trustees, desire to have entered upon our records an expression of our regard at the voluntary retirement of Mr. Hayden from our board, and our appreciation of his long and valuable services. To no citizen of our State is a greater debt of gratitude due for the amelioration of the condition of its insane than to Mr. Hayden. From the very inception of the plan for the founding of our insane hospital before 1865 to last July, when he retired, he has been untiring in his devotion to and work for the afflicted in mind of the State. The present condition of this hospital, of which we are so justly proud, is in a great measure due to his unflagging zeal. No weather was so inclement, or call so inconvenient, that he could not attend to his charitable duties here; in the early days when the income was not always sufficient to meet the expenses, loaning his personal credit, and aiding all by his advice and mature judgment. His absence will long be felt at our meetings, and his memory ever be held in affection and esteem.

Resolved, That the above resolution be entered upon our records, and that the secretary transmit an engrossed copy of the same to Mr. Hayden.

Attest,

J. W. ALSOP,
Secretary Board of Trustees.

Middletown, Conn., Nov. 4, 1889.

ON one occasion the Hon. Richard D. Hubbard said: "We put up monuments, but we write no history."

Connecticut delayed providing for her unfortunate insane for many years; much longer than other States. It is now twenty-five (25) years since we entered upon the work. No State has ever accomplished more in one quarter of a century or more to the satisfaction of all parties interested.

The trustees, superintendent, and treasurer have made annual reports; the trustees a reprint in one volume of the first to the twenty-first inclusive; the first superintendent a history of the first ten years, and the present superintendent a memoranda of the history to the present time.

Although our Governors, wardens of the State prison, and the hospital trustees have made frequent requests of the legislature to provide for the insane convicts at Wethersfield, it has not been done, perhaps because their reports were mislaid and other matters seem to demand more immediate attention. Regarding it a privilege and duty, I offer to the present legislature a reprint of all the reports that have been published by those now in office and by the honored dead whose names are found in the second report, that of 1868. If my friends or any member of this present legislature desire further information respecting this great charity, it will afford me pleasure to confer with them.

H. SIDNEY HAYDEN.

WINDSOR, CONN., Feb. 20, 1895.

ADDENDUM.

I recommend the Humane Committee of each Legislature visit the Hospital and report, as the work done there is highly important for the State and many families. Other States entered upon this work at an early date although none have accomplished more than ours. I recommend the trustees secure the re-appointment of the members if in the interest of the Hospital. If this had been done the Hon. Robbins Battell would have continued to represent his county from 1866 to 1895. This great charity had no better friend, nor will it ever have. He gave freely; the clock with its chime of bells, as one illustration, his personal expenses and his valuable time, — all that he could do for this noble charity; yet the Superintendent's memoranda records "services ended in 1891." This record is unjust to ourselves.

I recommend the trustees be directed to decline all conditional gifts, as they serve without compensation. In my judgment this service is one of the best features in the Charter, and may it ever continue. All conditional gifts for the care and support of the insane should be referred to our private incorporated hospitals.

I desire to call the attention of the present General Assembly to that part of the Trustees' Twenty-first Report respecting the wrong done by transferring the criminal insane to a curative institution. Since reading that part of Governor Coffin's Message referring to this matter and also the report of the Warden of the State Prison at Wethersfield, I am much encouraged, the time is near when this important matter shall receive attention. To be well done it should be done quickly.

I direct attention to the reports of the Treasurer, Mr. M B. Copeland. From them you will learn he has placed to the credit of the State a large sum; thus by collecting interest on amounts in hand from time to time, thereby assisting the towns by reducing charges for care of their insane.

H. SIDNEY HAYDEN.

WINDSOR, March 4, 1895.

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